

THE FITNESS STUDIO

Boutique Personal Training

Your Next 21 Day Schedule

Days 1 to 6	<p>Over the next 6 days choose your own breakfasts or smoothies, lunches, dinners and then snacks from the link below https://thefitnessstudio.net/guide/healthy-eating/recipes/</p> <p>If you eat anything that is not a choice on the Healthy Living Guide, please write down what it was and then inform me.</p>
Day 7	<p>You make all your own food choices, but fill in a food diary see link below https://thefitnessstudio.net/guide/exercise-weight-management/4-week/</p>
Days 8 to 13	<p>Make your own food choices over the next 6 days, however put pen to paper or use an app to write down what choices you make every day.</p>
Day 14	<p>Do something special for yourself</p> <p>Make your own food choices today</p> <p>Create a 7 day meal plan for yourself which starts on day 15, see link for batch cooking ideas https://thefitnessstudio.net/guide/healthy-eating/recipes/batch-cooking/</p>
Days 15 to 21	<p>Start following your own 7 day meal plan</p> <p>Put money in a jar and book yourself a massage</p>
Moving Forward	<p>Now you ready to make all your own food choices</p> <p>You are ready to make great choices, if you feel you have unwanted food habits you would like to work on see link below https://thefitnessstudio.net/guide/lifestyle/changing-habits/</p>