T5 HAPD

	weekly planner	
MONDAY	Workout (outside):	
	preakfast:	•
	lunch:	
	dinner: snacks/drinks:	٠
	book title /pages:	
TUESDAY	Workout (Inside):	
	Morkout (outside):	٠
	breakfast:	
	lunch: dinner:	
	SMACKS/drinks:	٠
	book title /pages:	_
DNESDAY	Workout (Inside):	٠
	Morkout (outside):	
	breakfast:	٠
	dinner:	•
		٠

	snacks/drinks: book title/pages:	٠			٠	٠		٠
	Workout (inside):	٠		•	٠		•	٠
	workout (outside):	٠	٠	•	•	٠	•	•
	breakfast	٠	٠	•	•	•	٠	٠
	lunch:	٠	٠	٠	٠	•	٠	٠
AN AN	dinner:	•	٠	•	•	•	•	٠
	snacks/drinks:	٠	٠	٠	•	•	•	٠
	book title / pages:	٠	٠	٠	٠	٠	•	
	Workout (inside):	٠	٠	٠	٠	٠	٠	٠
) A V V V V V V V V V V V V V V V V V V	workout (outside):	٠	٠	•		•	٠	٠
	breakfast	٠	٠	•	•	•	•	٠
	lunch:	٠	٠	٠	•	•	•	•
	dinner:	٠	•	•	•	•	•	•
	snacks/drinks:	٠	٠	•	•	•	•	•
	book title /pages:	٠	٠	٠	٠	•	٠	
	Workout (inside):	•	٠	٠	•	•	•	٠
	workout (outside):	•	•	٠	•	•	•	٠
A	breakfast:	٠	٠	٠	•	•		•
	lunch:	٠	•	•	٠	٠	٠	
Ball	dinner:	٠	٠	•	•	•	•	٠
A	snacks/drinks:	•	•	٠	•	•		
	hoov title manes:	•	٠	•	•	•	•	

	toop title pages		
	workout (outside):	 	
	preaktast:	 	
NDA MAY:	lunch:	 	
Sul	cinner:	 	
	book title /pages:	 	