

# LET'S START FRESH

D R E A M I T , P L A N I T , L I V E I T

MONTH

WEEK

## GET IT DONE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MONDAY

B-FAST: \_\_\_\_\_

LUNCH: \_\_\_\_\_

DINNER: \_\_\_\_\_

#### EVENING ACTIVITIES

*Today's mission • walk in thankfulness*

### TUESDAY

B-FAST: \_\_\_\_\_

LUNCH: \_\_\_\_\_

DINNER: \_\_\_\_\_

#### EVENING ACTIVITIES

*Today's mission • make someone smile*

### WEDNESDAY

B-FAST: \_\_\_\_\_

LUNCH: \_\_\_\_\_

DINNER: \_\_\_\_\_

#### EVENING ACTIVITIES

*Today's mission • do something for someone else*

### THURSDAY

B-FAST: \_\_\_\_\_

LUNCH: \_\_\_\_\_

DINNER: \_\_\_\_\_

#### EVENING ACTIVITIES

*Today's mission • spread the love*

## GOAL GETTER

### FRIDAY

B-FAST: \_\_\_\_\_

LUNCH: \_\_\_\_\_

DINNER: \_\_\_\_\_

#### EVENING ACTIVITIES

*Today's mission • make someone laugh*

### THIS WEEKEND

B-FAST: \_\_\_\_\_

LUNCH: \_\_\_\_\_

DINNER: \_\_\_\_\_

B-FAST: \_\_\_\_\_

LUNCH: \_\_\_\_\_

DINNER: \_\_\_\_\_

#### LET'S DO THIS

*weekend mission • have an adventure*