



2x Pro Fitness Champion

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—Fit—

# Daily Routine Planner

You don't have to plan your every hour forever, but do it now to develop healthy habits for life.

monday		tuesday		wednesday		thursday		friday		saturday		sunday	
1		1		1		1		1		1		1	
2		2		2		2		2		2		2	
3		3		3		3		3		3		3	
4		4		4		4		4		4		4	
5		5		5		5		5		5		5	
6		6		6		6		6		6		6	
7		7		7		7		7		7		7	
8		8		8		8		8		8		8	
9		9		9		9		9		9		9	
10		10		10		10		10		10		10	
11		11		11		11		11		11		11	
12		12		12		12		12		12		12	
13		13		13		13		13		13		13	
14		14		14		14		14		14		14	
15		15		15		15		15		15		15	
16		16		16		16		16		16		16	
17		17		17		17		17		17		17	
18		18		18		18		18		18		18	
19		19		19		19		19		19		19	
20		20		20		20		20		20		20	
21		21		21		21		21		21		21	
22		22		22		22		22		22		22	
23		23		23		23		23		23		23	
24		24		24		24		24		24		24	