

TFCG WEEK MAP

BLOCK ONE: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK ONE: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK TWO: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK TWO: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK THREE: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK THREE: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK FOUR: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK FOUR: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK FIVE: WEEK ONE

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING

TFCG WEEK MAP

BLOCK FIVE: WEEK TWO

MANTRA FOR THE WEEK:

SCHEDULE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

- Meals
- Snacks
- Workouts
- Grocery Shop
- Acc. Check In
- Hangouts
- Events
- Appointments
- Fun things!
- Other:

AFTERNOON

EVENING