

THE JUNGLE BODY DAILY PLANNER

Monday

MEALS:



BREAKFAST

LUNCH

DINNER

5:00AM - 9:00AM

9:00AM - 12:00PM

12:00PM - 4:00PM

4:00PM - 8:00PM

8:00PM - 11:00PM

WATER

○ ○ ○ ○
○ ○ ○ ○



DAILY 'ME'
CHALLENGE

Drop it like a squat...

**GET IN 50
SQUATS IN
THROUGHOUT
THE DAY.
TIP: DO 10
EVERY HOUR!**



3 THINGS I AM
GRATEFUL FOR
TODAY!

- 1.
- 2.
- 3.

NOTES

URGENT TO DO
LIST:

THE JUNGLE BODY DAILY PLANNER

Tuesday-ay-ayyyy

MEALS:



BREAKFAST

LUNCH

DINNER

5:00AM - 9:00AM

9:00AM - 12:00PM

12:00PM - 4:00PM

4:00PM - 8:00PM

8:00PM - 11:00PM

WATER

○ ○ ○ ○
○ ○ ○ ○



DAILY 'ME'
CHALLENGE

Video time!

LEARN A NEW
ROUTINE TODAY
AND FILM IT TO
UPLOAD TO
YOUR SOCIAL
MEDIA!



3 THINGS I AM
GRATEFUL FOR
TODAY!

1.

2.

3.

NOTES

URGENT TO DO
LIST:

THE JUNGLE BODY DAILY PLANNER

Wednes-cray cray

MEALS:



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DINNER

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WATER



DAILY 'ME'
CHALLENGE

Phone a friend...

TIME TO REACH
OUT TO A
FRIEND OR
LOVED ONE,
CALL THEM, ASK
HOW THEY ARE
GOING.



3 THINGS I AM
GRATEFUL FOR
TODAY!

- 1.
- 2.
- 3.

NOTES

URGENT TO DO
LIST:

THE JUNGLE BODY DAILY PLANNER

Thurs-heyyyyy

MEALS:



BREAKFAST

LUNCH

DINNER

5:00AM - 9:00AM

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WATER

○ ○ ○ ○
○ ○ ○ ○



DAILY 'ME'
CHALLENGE

Something new?

New!

**A REAL
CHALLENGE,
TRY SOMETHING
NEW.
MEDITATION?
ANOTHER
INSTRUCTORS
ONLINE CLASS?
BAKE?**

3 THINGS I AM
GRATEFUL FOR
TODAY!

- 1.
- 2.
- 3.

NOTES

URGENT TO DO
LIST:

THE JUNGLE BODY DAILY PLANNER

Fri-yay!!

MEALS:



BREAKFAST

LUNCH

DINNER

5:00AM - 9:00AM

9:00AM - 12:00PM

12:00PM - 4:00PM

4:00PM - 8:00PM

8:00PM - 11:00PM

WATER

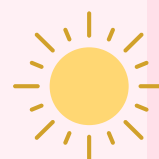
○ ○ ○ ○
○ ○ ○ ○



DAILY 'ME'
CHALLENGE

Get outside...

**FRESH AIR! EAT
YOUR MEALS
OUTSIDE TODAY
IN YOUR FRONT
OR BACKYARD.
OR NEAR A
WINDOW.**



3 THINGS I AM
GRATEFUL FOR
TODAY!

- 1.
- 2.
- 3.

NOTES

URGENT TO DO
LIST:

THE JUNGLE BODY DAILY PLANNER

Satur-hooray!

MEALS:



BREAKFAST

LUNCH

DINNER

5:00AM - 9:00AM

9:00AM - 12:00PM

12:00PM - 4:00PM

4:00PM - 8:00PM

8:00PM - 11:00PM

WATER

○ ○ ○ ○
○ ○ ○ ○



DAILY 'ME'
CHALLENGE

Party!

TRY AN ONLINE
PARTY WITH
YOUR LOVED
ONES! SET IT UP
AND MAKE IT
HAPPEN!



3 THINGS I AM
GRATEFUL FOR
TODAY!

- 1.
- 2.
- 3.

NOTES

URGENT TO DO
LIST:

THE JUNGLE BODY DAILY PLANNER

Sun-namaste

MEALS:



BREAKFAST

LUNCH

DINNER

5:00AM - 9:00AM

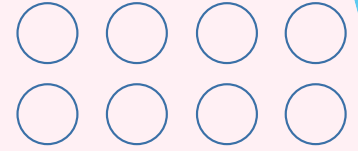
9:00AM - 12:00PM

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8:00PM - 11:00PM

WATER



DAILY 'ME'
CHALLENGE

Pyjama meditation...

DOWNLOAD A
MEDITATION
APP (TRY CALM)
AND LET YOUR
BODY AND MIND
RELAX IN YOUR
JARMIES.



3 THINGS I AM
GRATEFUL FOR
TODAY!

- 1.
- 2.
- 3.

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URGENT TO DO
LIST: