

# VenusFit

## Weekly THRIVE Calendar

Week of: \_\_\_\_\_

SUN

- Move my body to have fun!
- Drink 8 glasses of water
- Connect with a friend I've been meaning to call!

MON

- Move my body to have fun!
- Drink 8 glasses of water
- Get 8 Hours of Sleep!

TUES

- Try a new exercise or class
- Meditate!
- Find a workout buddy

WED

- Make time for movement!
- Meal prep to feed my body well!

THURS

- Add breathwork to my daily routine
- Schedule "treat myself day"

FRI

- Mobility Exercises!
- Get rest for the weekend
- Start a new class or project!

SAT

- Practice my handstand
- Breathwork
- Plan next week's THRIVES!

### NOTES:

You can use this section to fill in things like:  
Get oil changed  
Make dr's appt  
Send a thank you note  
Get new workout shoes!

### DON'T FORGET:

Be Consistent!

Moving daily will help build strength - both mentally and physically

I'm excited to THRIVE this week!