VenusFit Weekly THRIVE Calendar Week of:

 Schedule "treat myself day" Mobility Exercises! Get rest for the weekend Start a new class or project! Practice my handstand 			
 Move my body to have fun! Drink 8 glasses of water Get 8 Hours of Sleep! Try a new exercise or class Meditate! Find a workout buddy 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! Practice my handstand Breathwork Im excited to THRIVE this weak! 	SUN	 Drink 8 glasses of water Connect with a friend I've 	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
 Meditate! Find a workout buddy Make time for movement! Meal prep to feed my body well! Meal prep to feed my body well! Add breathwork to my daily routine Schedule "treat myself day" FRI Mobility Exercises! Get rest for the weekend Start a new class or project! Moving daily will help built strength - both mentally at physically I'm excited to THRIVE this wook! 	MON	Drink 8 glasses of water	
 Make time for movement! Meal prep to feed my body well! Add breathwork to my daily routine Schedule "treat myself day" Mobility Exercises! Get rest for the weekend Start a new class or project! Moving daily will help build strength - both mentally at physically I'm excited to THRIVE this woold 	TUES	Meditate!	
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 Mobility Exercises! Get rest for the weekend Start a new class or project! Practice my handstand Breathwork 	THURS	routine	
 Practice my handstand Breathwork 	FRI	Get rest for the weekend	
	SAT	Breathwork	

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