



GET Summer-Ready

DEDIKATE 28 Day PLANNER

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|-----|-----|-----|-----|-----|-----|-----|
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |
| SNACKS | | | | | | | |
| EXCERCISE | | | | | | | |
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |
| SNACKS | | | | | | | |
| EXCERCISE | | | | | | | |
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |
| SNACKS | | | | | | | |
| EXCERCISE | | | | | | | |
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |
| SNACKS | | | | | | | |
| EXCERCISE | | | | | | | |

WEEK 1

Shopping list:

WEEK 2

WEEK 3

WEEK 4



LORNA JANE