

Thursday, Nov. 01, 2018 –

Saturday, Nov. 03, 2018

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Menu	To Do





Thursday, Nov. 01, 2018	Friday, Nov. 02, 2018	Saturday, Nov. 03, 2018	Prepare for Next Week
10 Min Walk 	10 Min Walk 	10 Min Walk 	

*Sunday, Nov. 04, 2018 –*

*Wednesday, Nov. 07, 2018*



This Weeks Top Goals	Important Dates	Shopping List
1		
2		
3		
4		
5		

Sunday, Nov. 04, 2018	Monday, Nov. 05, 2018	Tuesday, Nov. 06, 2018	Wednesday, Nov. 07, 2018
<p data-bbox="191 846 358 877"><i>10 Min Walk</i></p> <p data-bbox="126 884 407 961"></p>	<p data-bbox="553 846 721 877"><i>10 Min Walk</i></p> <p data-bbox="488 884 769 961"></p>	<p data-bbox="911 846 1078 877"><i>10 Min Walk</i></p> <p data-bbox="846 884 1127 961"></p>	<p data-bbox="1268 846 1435 877"><i>10 Min Walk</i></p> <p data-bbox="1203 884 1484 961"></p>

Thursday, Nov. 08, 2018 –

Saturday, Nov. 10, 2018

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Menu	To Do





Thursday, Nov. 08, 2018	Friday, Nov. 09, 2018	Saturday, Nov. 10, 2018	Prepare for Next Week
10 Min Walk 	10 Min Walk 	10 Min Walk 	

*Sunday, Nov. 11, 2018 –*

*Wednesday, Nov. 14, 2018*



This Weeks Top Goals	Important Dates	Shopping List
1		
2		
3		
4		
5		

Sunday, Nov. 11, 2018	Monday, Nov. 12, 2018	Tuesday, Nov. 13, 2018	Wednesday, Nov. 14, 2018
<p data-bbox="191 846 358 877"><i>10 Min Walk</i></p> <p data-bbox="126 884 407 961"></p>	<p data-bbox="553 846 721 877"><i>10 Min Walk</i></p> <p data-bbox="488 884 769 961"></p>	<p data-bbox="911 846 1078 877"><i>10 Min Walk</i></p> <p data-bbox="846 884 1127 961"></p>	<p data-bbox="1268 846 1435 877"><i>10 Min Walk</i></p> <p data-bbox="1203 884 1484 961"></p>

Thursday, Nov. 15, 2018 –

Saturday, Nov. 17, 2018

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Menu	To Do





Thursday, Nov. 15, 2018	Friday, Nov. 16, 2018	Saturday, Nov. 17, 2018	Prepare for Next Week
10 Min Walk 	10 Min Walk 	10 Min Walk 	

*Sunday, Nov. 18, 2018 –*

*Wednesday, Nov. 21, 2018*



This Weeks Top Goals	Important Dates	Shopping List
1		
2		
3		
4		
5		

Sunday, Nov. 18, 2018	Monday, Nov. 19, 2018	Tuesday, Nov. 20, 2018	Wednesday, Nov. 21, 2018
<p data-bbox="194 850 357 882"><i>10 Min Walk</i></p> 	<p data-bbox="552 850 714 882"><i>10 Min Walk</i></p> 	<p data-bbox="909 850 1071 882"><i>10 Min Walk</i></p> 	<p data-bbox="1266 850 1429 882"><i>10 Min Walk</i></p> 



Thursday, Nov. 22, 2018 –

Saturday, Nov. 24, 2018

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Menu	To Do





Thursday, Nov. 22, 2018	Friday, Nov. 23, 2018	Saturday, Nov. 24, 2018	Prepare for Next Week
10 Min Walk 	10 Min Walk 	10 Min Walk 	

*Sunday, Nov. 25, 2018 –*

*Wednesday, Nov. 28, 2018*



This Weeks Top Goals	Important Dates	Shopping List
1		
2		
3		
4		
5		

Sunday, Nov. 25, 2018	Monday, Nov. 26, 2018	Tuesday, Nov. 27, 2018	Wednesday, Nov. 28, 2018
<p data-bbox="194 840 357 871"><i>10 Min Walk</i></p> <p data-bbox="129 871 406 955"></p>	<p data-bbox="552 840 714 871"><i>10 Min Walk</i></p> <p data-bbox="487 871 763 955"></p>	<p data-bbox="909 840 1071 871"><i>10 Min Walk</i></p> <p data-bbox="844 871 1120 955"></p>	<p data-bbox="1266 840 1429 871"><i>10 Min Walk</i></p> <p data-bbox="1201 871 1477 955"></p>



Thursday, Nov. 29, 2018 –

Saturday, Dec. 01, 2018

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Menu	To Do

Thursday, Nov. 29, 2018	Friday, Nov. 30, 2018	Saturday, Dec. 01, 2018	Prepare for Next Week
10 Min Walk 	10 Min Walk 	10 Min Walk 	