

5:2 WEEKLY PLANNER

YOUR LIFE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
5:2 DAY 1 Choose which day/date <i>Note:</i> <ul style="list-style-type: none"> • activities and challenges you tried • ideas for other activities • how you felt • your own theme 						
Notes, thoughts, activities before Day 2						
5:2 DAY 2 Choose which day/date <i>Note:</i> <ul style="list-style-type: none"> • activities and challenges you tried • ideas for other activities • how you felt • your own theme 						
Additional 5:2 activities and plans before the next week						