## 5:2 WEEKLY PLANNER

### WEEK 1

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>WEEK 5</th>
<th>WEEK 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose which day/date</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:**
- activities and challenges you tried
- ideas for other activities
- how you felt
- your own theme

### DAY 2

<table>
<thead>
<tr>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>WEEK 5</th>
<th>WEEK 6</th>
</tr>
</thead>
</table>

**Note:**
- 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