

PEAK WEEK PLANNER

Monday

TRAINING & CARDIO:

NUTRITION, WATER, & SUPPLEMENTS:

DAILY TASKS:

Tuesday

TRAINING & CARDIO:

NUTRITION, WATER, & SUPPLEMENTS:

DAILY TASKS:

Wednesday

TRAINING & CARDIO:

NUTRITION, WATER, & SUPPLEMENTS:

DAILY TASKS:

Thursday

TRAINING & CARDIO:

NUTRITION, WATER, & SUPPLEMENTS:

DAILY TASKS:

Friday

TRAINING & CARDIO:

NUTRITION, WATER, & SUPPLEMENTS:

DAILY TASKS:

Saturday (SHOW DAY)

NUTRITION, WATER, & SUPPLEMENTS:

DAILY TASKS:

Sunday (POST SHOW)

TRAINING & CARDIO:

NUTRITION, WATER, & SUPPLEMENTS:

DAILY TASKS:

MY MINDSET MANTRA:
