

My Daily Schedule

I'VE TOTALLY GOT THIS!

Make a note in your journal how your night sleep was and how you feel when you wake-up. Make a note of hot sweats, menopause symptoms, poor sleep, low mood on waking etc

Glass of water first thing!

*Daily Workout (time to suit you)

Healthy Breakfast

Drink Water

Take a proper break for lunch
11.30am - 12.30pm Healthy Lunch

Drink Water

*10 - 20 Minute Walk (Choose a time to suit you!)

Drink Water

Mid Afternoon snack 3pm - 3.30pm (optional)

Healthy Supper
(Eat between 5.30pm - 6.30pm no later than 7.00pm)

Plan in some quality 'ME' time
(what is it that makes you feel good?)

Plan for bed half an hour earlier, write in journal, calm time, sleep

DON'T MISS OUT EXERCISE OR WALK