



Hi friends! Welcome to my new site! I am so glad you are here and I hope that you find the information on my blog useful! I wanted to GIFT you with something that would be practical for your every day life. I love technology but there is nothing like writing things down on paper! I also love to have visual reminders around me, and I use a list like this nearly every week in my personal life.

Stewarding our time and resources is perhaps one of the greatest struggles to staying healthy and balanced! I've found that putting the time in BEFORE really pays off. If I don't do that, my health, energy, checkbook, and spare time goes down the drains!

These 3 sections are going to be how I'm focusing my new website! They encompass the areas that are so important to me! Let me quickly explain each section!

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First, print off your week and after you've put the date, check out the tip below it! I've given you some things to try for that week!

**"TRAIN HARD"** is all about how you are moving your body for the week. Look at your week's schedule and plan out when you will workout and what you will do. So for example, mine would say, Monday: biceps/back, 8am. Tuesday: HIIT Cardio/Pilates 6pm and so on. Don't forget about your rest days! Get those in! Then once you've completed your workout for the day, check that box!

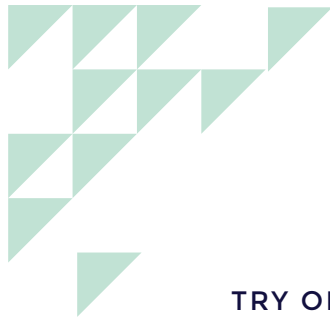
**"EAT WELL"** is sooooo important! I plan on giving you some better resources in the future but for now, this will be a good start and focus! First off, figure out that food prep day! It is KEY to my success for the week! Then fill in the other sections for the week! Use pinterest, instagram or my blog for new ideas!

**"LIVE FREE"** is all about your spiritual, emotional, and mindset areas of your life. It's no secret that my faith is both the driving agent and motivation for my key to living a balanced life. If I spend time in the top 2 sections, but forget the bottom, then I'm out of whack! I've included some verses and quotes that you can focus on during the week. Use the space below to include areas that you need to work on—maybe it's a relationship that is bothering you, an unhealthy craving, or a topic you want to learn more about! This is really your area to focus on yourself for the week.

I've given you a **BLANK TEMPLATE** to use after you finish these 4 weeks. Personalize this with quotes and verses that motivate you!

I hope you enjoy this resource and if you do, let your friends know about my new site! The community aspect of this huge and we want like-minded people walking with us! Thank you!

**CLARE**



# WEEK ONE:



TRY ONE NEW RECIPE IN YOUR MEAL/SNACK ROTATION THIS WEEK!

## TRAIN HARD

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## EAT WELL

FOOD PREP DAY : \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

## LIVE FREE

A WISE WOMAN BUILDS HER HOME, BUT A FOOLISH WOMAN TEARS IT DOWN WITH HER OWN HANDS.  
PROVERBS 14:1

# WEEK TWO:



SWITCH UP YOUR WORKOUT PLAYLIST!

## TRAIN HARD

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## EAT WELL

FOOD PREP DAY : \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

## LIVE FREE

"DISCIPLINE, FOR A CHRISTIAN, BEGINS WITH THE BODY. WE HAVE ONLY ONE. IT IS THIS BODY THAT IS THE PRIMARY MATERIAL GIVEN TO US FOR SACRIFICE. WE ARE MEANT TO PRESENT IT, OFFER IT UP, GIVE IT UNCONDITIONALLY TO GOD FOR HIS PURPOSES. THIS, WE ARE TOLD, IS AN "ACT OF SPIRITUAL WORSHIP.""

- ELISABETH ELLIOT

# WEEK THREE:



MEMORIZE THE SCRIPTURE IN "LIVE FREE"  
DURING YOUR WORKOUT THIS WEEK.

## TRAIN HARD

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## EAT WELL

FOOD PREP DAY : \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

## LIVE FREE

"DO NOT BE WISE IN YOUR OWN EYES; FEAR THE LORD AND SHUN EVIL. THIS WILL BRING HEALTH TO YOUR BODY AND NOURISHMENT TO YOUR BONES."  
PROVERBS 3:7-8

# WEEK FOUR:



TRIM THE FAT IN YOUR SCHEDULE THIS WEEK! WHAT ARE YOU DOING THAT IS ADDING EXTRA STRESS TO YOU AND YOUR FAMILY?

## TRAIN HARD

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

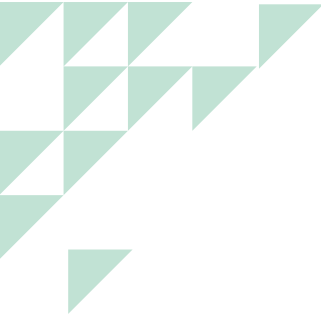
## EAT WELL

FOOD PREP DAY : \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

## LIVE FREE

"CHOOSE YOUR OPPORTUNITIES WISELY. MANY ARE WORTH MISSING." - ANDY STANLEY



WEEK:

\_\_\_\_\_



## TRAIN HARD

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## EAT WELL

FOOD PREP DAY : \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
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## LIVE FREE