

# Planning for Maximized Health

Date \_\_\_\_\_

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8am	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises
10am	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises
noon	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises
2pm	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises
4pm	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises
6pm	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises
8pm	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises
10pm	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises	25 MI head extension exercises
Miscl	Traction	Traction	Traction	Traction	Traction	Traction	Traction
Miscl	Basic Stretching	Basic Stretching	Basic Stretching	Basic Stretching	Basic Stretching	Basic Stretching	Basic Stretching
Miscl	Extra MI exercises	Extra MI exercises	Extra MI exercises	Extra MI exercises	Extra MI exercises	Extra MI exercises	Extra MI exercises
Miscl							
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## **Things to do:**

*Include Details: how often, how much, how many, when, why, etc*

### **Nutrition / Diet / Supplements:**

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

### **Workouts / Stretching / Fitness:**

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

### **Emotional / Spiritual / Purpose Driven:**

- 1)
- 2)
- 3)
- 4)
- 5)