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Strategy Sunday Weekly Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Routine							
Workout							
Work Hours							
1-3 Most Important Tasks							
Extra Projects							

Created by JT the AT
For You, My Friends, My Family, and My Clients
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- Change your Rituals
- Increase Productivity
- Improve Health
- Develop Habits for Life

“Success is not achieved overnight, but through incremental improvements made each day. The National Institute of Health showed that obese people who track their food intake have been proven to lose twice as much weight as those who do not. This weekly checklist will help you build daily Rituals to track positive habits that will make powerful changes to your life.”

This is the Exact formula I use Every Sunday to plan my week.

Share this planner with a family member who struggles with Prioritization and Time Management!

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My Morning Ritual: Physiology Determines Attitude

- **Water:** Drink a big glass of water each morning.
- **Freezing Cold Shower:** I just started doing this. It immediately changes my physiology and jump starts my energy level for the day. I don't even desire coffee after a morning cold shower.
- **Shake:** I shake out my legs and arms and body to increase blood flow, break up tight spots in my muscles, and increase lymph flow.
- **Bounce:** I hop up and down for about 30 – 60 seconds to re-align my inner organs which have been horizontal for hours.
- **Stretch:** I do a few of my favorite stretches in the morning to get loose. The tight spots are usually my glutes, hamstrings, hip flexors, low back and pectorals. I want to get these loosened up so they don't negatively affect my posture throughout the day.

Workout: Did you workout today? What did you do? Write it down!

Most Important Tasks: What are 1-3 Projects that you Must make progress on today?? If you could only accomplish 1 thing today, what is it?



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Extra: Add any extra successes or failures here that you want to keep track of like... *Food diary*, 10 minutes of *meditation*, practicing another *language*, or an *instrument*.

Yes... I actually do all of these every day!

I hope this guide will help you achieve your goals. If you found it helpful, please let me know!

Thanks for stopping by!

- JT the AT

Need More In-Depth Guidance or Personal Consultation?

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