

My Week, Planned

Caroline Grey · September 2026 · The Midlife Reset Edition



Fail to prepare, prepare to fail. Plan it. Diary it. Do it.

Week commencing: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning							
Morning							
Midday							
Afternoon							
Evening							

My non-negotiables this week

- ☐ Strength sessions: _____
- ☐ Daily walk / steps target: _____
- ☐ Protein at every meal
- ☐ Meals: quick nights vs cook-from-scratch nights

Notes & priorities

