MY WHOLE30

JOURNAL

Whole30 Timeline

WEEK 1

Day 1 - You question yourself on your decision to do Whole30
Day 2 , 3 - Detox starts, cravings want to make you quit but you don't
Day 4, 5 - Anger and mood swings set in and you may snap at your loved ones
Day 6, 7 - You are more tired than usual, all you want to do is sleep

WEEK 2

Day 8, 9 - Your body is beginning to adjust to the change in diet, clothes may fit tighter or you may be bloated - don't panic it's part of the process!
Day 10, 11 - Your hardest days - stay strong!
Day 12, 13, 14 - You dream of your favorite foods

WEEK 3

Day 15 - Half way there - Hooray!
Day 16, 17, 18, 19, 20 - Boost of energy arrives.
Day 20 - Feeling good because you got things under control

WEEK 4

Day 22, 23, 24, 25, 26, 27 - Your clothes feeling a little loose and you start admiring yourself in the mirror you are tempted to get on the scale - don't!
Day 28 - Almost there - keep going don't quite now!

WEEK 5

Day 29, 30 - The home stretch
Day 31 - You did it! Now What?

Notes

Meal Ideas

BREAKFAST

SHOPPING LIST

LUNCH

DINNER

Weekly Meal planner

Week 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST

SATURDAY

SUNDAY

Notes

Weekly Meal planner

Week 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST

SATURDAY

SUNDAY

Notes

Weekly Meal planner

Week 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST

SATURDAY

SUNDAY

Notes

Weekly Meal planner

Week 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST

SATURDAY

SUNDAY

Notes

Whole30

Monthly Overview

For Month of: _____

MON	TUE	WED	THU	FRI	SAT

NOTES :

REMINDER :

Whole30

Monthly Overview

For Month of: _____

MON	TUE	WED	THU	FRI	SAT

NOTES :

REMINDER :

Whole30

2023 Year at a Glance

JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
14	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
14	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Whole30

Notes

Whole30

Notes