



Physical health Weekly Routine

- ☐ Monday: Prepare a healthy meal plan for the week
- ☐ Tuesday: 30 min workout
- ☐ Wednesday: Take a 30-minute walk
- ☐ Thursday: Try a new healthy recipe
- ☐ Friday: Relax with a warm bath and light stretching
- ☐ Saturday: Attend a fitness class or group activity
- ☐ Sunday: Rest and recover, focusing on hydration and nutrition

@GGLOW360

Morning Routine Weekly Ad In The Us

Karin Nielsen-Saines



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