

1st weekly Calendar for Low-Medium Metabolism

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Bikram Yoga	Bikram Yoga	Bikram Yoga	Bikram Yoga	Bikram Yoga	Bikram Yoga	Bikram Yoga
♡	♡	♡	♡	♡	♡	♡
2 Liters Water	2 Liters Water	2 Liters Water	2 Liters Water	2 Liters Water	2 Liters Water	2 Liters Water
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2 Liters Water	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie
2 Liters Water						

2nd Weekly Calendar for High Metabolism

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Bikram Yoga	Bikram Yoga	Bikram Yoga	Bikram Yoga	Bikram Yoga	Bikram Yoga	Bikram Yoga
♥	♥	♥	♥	♥	♥	♥
2 Liters Water	2 Liters Water	2 Liters Water	2 Liters Water	2 Liters Water	2 Liters Water	2 Liters Water
	11 AM - 1 PM	11 AM - 1 PM	11 AM - 1 PM	11 AM - 1 PM	11 AM - 1 PM	11 AM - 1 PM
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2 Liters Water	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie
						
	5 PM - 7 PM	5 PM - 7 PM	5 PM - 7 PM	5 PM - 7 PM	5 PM - 7 PM	5 PM - 7 PM
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
2 Liters Water	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie	Green Soup or Smoothie
						