

AVOCADU

If you like this fitness planner, you should see the other 12 amazing printables that go with it!

They are all part of our 12-in-1 Diet, Fitness, and Weight Loss Planner.

It has 12 printable planners that are designed to help you reach your goals faster!



See it [HERE](#) or click the image above to check it out!

We hope you like the planners!

Cheers,
Alex & Lauren, Avocado

Alex & Lauren

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

BREAKFAST



LUNCH



snacks



Dinner



WORKOUTS



water

