

# EATLIVETHRIVE

Write or type in your planned indulgence days, up to 2 per week, preferably not back-to-back



## 6-WEEK HOLIDAY INDULGENCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nov. 21	22	23	Thanksgiving 24	25	26	27
28	29	30	Dec 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	Christmas Eve 24	Christmas Day 25
26	27	28	29	30	New Year's Eve 31	New Year's Day 1