

# 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. 25	26	27	Thanksgiving 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	2	3	4	5