



The Power of Ten: My Ten-Week Plan

Week	<i>in</i> Eating	<i>in</i> Moving	<i>in</i> Breathing	Connectedness
1 & 2				
My week 1 & 2 Journal				
3 & 4				
My week 3 & 4 Journal				
5 & 6				

My week 5 & 6 Journal

7 & 8

My week 7 & 8 Journal

9 &
10

My week 9 & 10 Journal

