

Weekly Planner

Project Shimmer Fast Track Schedule

The below schedule is a guideline for scheduling the various self care aspects of the program. This is the fast track version for seeing results in 12 weeks. Feel free to go at your own pace and create your own! This plan covers workouts, splits sprint, pro-ageing facials, detox protocol and a menu plan.

Weekly Overview: __/__/__

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Front Split Hoop	Beautiful Backs workout Side Split	Front Split Hoop	Fab Abs workout Side Split	Front Split Hoop	Splits Bliss workout	Side Split
Neo- rejuvenation	Face Spa	Neo- rejuvenation	Face Spa	Neo- rejuvenation	Mask	Face Spa
Enema Bath Body Spa		Body Spa		Bath	Body Spa	
Slendier Pasta	Fish Curry	Egg lettuce wraps	Poached chicken and veggies	Chickpea salad	Eggs and veggies	Lentil Dahl

CREATE YOUR WEEK

Weekly Overview: ___/___/___

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Daily habits

- Spinal awakening, Shoulder opening spinal twist
- 2.4L-3L of water/fluids daily
- Magnesium, iodine, cod liver oil protocols
- 8 | 8 | 8 sleep, hydrate, feast
- hydrate > high fibre foods with structured water > fat and protein
- Contract and relax muscles
- Walk minimum 8000 steps
- Kefir
- Red light therapy
- Eye and toe exercises
- Access flow

Example daily plan

Time	Activity	Intake
5.15am	Dressed for workout	Drink of water
5.30am-6.30am	Workout / red light / hooping/dancing (alternate days)	First 500 ml complete
6.30am-7.00am	Ready for work etc.	Perfect iodine* and morning supplements
7.00am-1pm	Most productive work of the day	1L herbal tea flask complete
1pm-1.30pm	Luxuriate	Meal 1- Raw Veggies and dip or soup
1.30-2.30pm		Protein tea
3.30pm-4.00pm	Connect with children	Meal 2- Favourite protein and fat combo. Kefir shot
4.00pm-5pm	Flow- piano, art, writing, singing (creation) or ironing, cleaning, driving etc. (Pick a time in the day that suits you).	
6.00pm	Connect with loved ones	Meal 3- Menu plan meal or veggie juice
7.00pm	Toe exercises	Perfect iodine*, cod liver oil, magnesium, collagen, all supplements. (Final 500ml water intake)
8.00pm-9.00pm	Spinal awakening / pelvic floor exercises / bath / Face spa / Neorejuvenation. Memoirs of the future planning	
9.30pm	Bed, eye exercises	

*For the 2 week perfect iodine protocol keep the two doses of iodine 12 hours apart and 2 hours apart from consuming kefir.

