OPTIMIZED WOMAN Christmas Planner!

Make the most of your Christmas this year - use the dial below to plan your activities for December to ensure you do things at the most **Optimum Time!**

Write December's dates between the outer spokes and then write your optimized activities in the segments.

Remember cycle days **7-13** have loads of energy and concentration, **14-20** have good energy with lots of emotional strength, **21-28** have declining energy and less tolerance, and cycle days **1-6** have low energy.

HAPPY CHRISTMMAS!

