



Food Life Evolution Festive Season Feast Day Planner

*This planner was originally designed for the three-month period between
October 1 - December 31.*

Nonetheless, you can use it for any 2 or 3 month period of the year that presents you with holidays, birthdays or upcoming celebrations like weddings and other family celebrations at which you know food will be served. These are settings in which you know you may be offered food that is not up to your evolved criteria. Not to insult the food or the loved ones serving it, but YOU HAVE MADE A COMMITMENT TO YOURSELF AND IT IS JUST AS IMPORTANT AS THEY ARE.

So write your plan below and stick this to the wall. Also, indicate these plans in whatever calendar you use most on your computer or mobile devices. Ge Ready To Win!

How to Use:

1. Put your *Name* up top. This is important: Claim this as your own by choice!
2. Enter *Season Dates*. Make this *at least* a 2 months or 60 day period. For example, Start Date October 10, End Date December 31
3. Enter *Events and Dates*. A good strategy is to plan two or three and then leave 2 or 3 open so you can accept invitations to events as they might pop up.
4. *Notes* can be like: "*Cake!*" or "*Wild Meat Fete*".
5. Remember, no more than 2 per month or 30-day period. Any more invites? Just Say NO (thanks)
6. Reward yourself at the end of the "season" for sticking to your plan with something you like - a new pair of shoes or something!



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Name: _____

Season: Start Date _____

End Date _____

| | <i>Event</i> | <i>Date</i> | <i>Notes</i> |
|----------|--------------|-------------|--------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| | | | |



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