



HEALTHY LIVING
with *Patti Green*

WEEKLY WARDROBE PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

ROCK-IT: Organize your closet and drawers to ascertain what you have. Get rid of the clothes you haven't worn in over one year. If you have a habit of gaining and losing the same 5-10 lbs, box the clothes that do not currently serve you and store in a cool dry place. Accept and be happy with your current weight. If you have the desire to lose weight, planning will be key.

- Make sure you have clean clothes for all of your upcoming events and activities. Hang outfits together for easy access. Include your undergarments and shoe selections too.
- Categorize your wardrobe and closet by activity/event:
 - fitness gear - include sneakers, headphones, hat, gloves, etc...
 - work events - business attire, day into evening
 - evening social events