

Fearlesslyfitfemale
Meal Planner



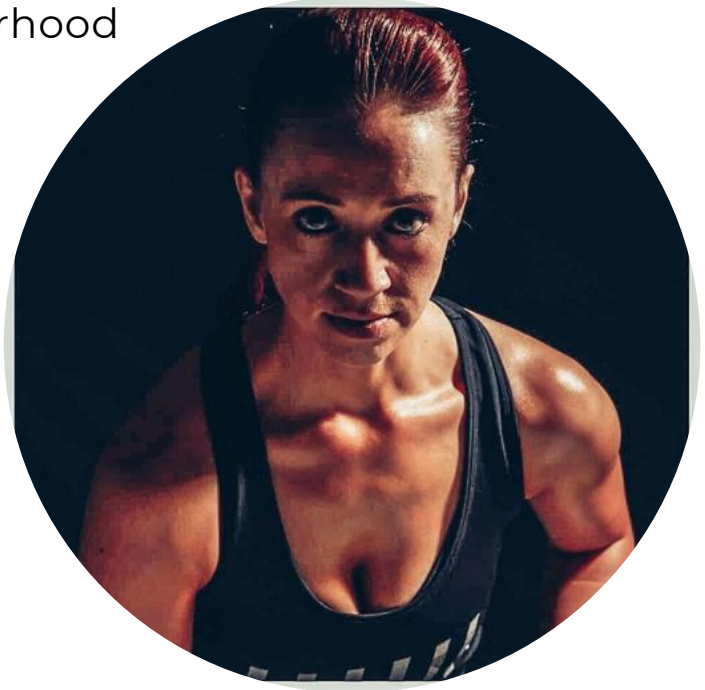
Let me help you plan your journey

About *me*

My name is Bernice, and I'm the creator behind a fitness and lifestyle platform focused on helping women—especially moms—balance health, faith, and everyday life in a realistic and sustainable way. I am not a personal trainer, I am a woman who knows how difficult it is to balance work, motherhood and trying to stay fit.

My content centers around:

- Realistic fitness for busy moms
- Simple, healthy nutrition
- Faith-based motivation and discipline
- Building consistency in everyday life



Fitness. Focus. Fearlessly before 40.

I've been the **face of VivaGym SA**, won the **@MoniqueFit 10-week challenge**, and competed in **bikini fitness and CrossFit**.

I'm also the author of **Meisie tot Mens an Afrikaans e-book series with Afriforum**.

Now, approaching 40, I'm on a mission to achieve my **strongest, healthiest, best-ever self**—and share every step with you!

I am also currently sponsored by **Moove Motion Fitness**.

Guide to the *planner*

Hi Fearless Lady 🍌✨

This guide will help you understand how to use your meal planner. Start by writing down your goals—big or small—and take your measurements so you have a clear starting point.

Use the templates to plan your meals for the day and week ahead. They're there to help you stay organized and consistent—whether you're tracking your meals, prepping your food, building a grocery list, or adding healthy recipes to your rotation.

My top tip: download the MyFitnessPal app. Use it to understand the calorie content of your meals and snacks, and then build a weekly meal rotation that works for you.

Remember, if something is working for you—there's no need to change it. Keep it simple, realistic, and sustainable ❤️

Enjoy!

Bernice

My big *Goal*

DEADLINE:	ACHIEVED: <input type="checkbox"/>

BREAK DOWN YOUR BIG GOAL INTO 3 MINI GOALS

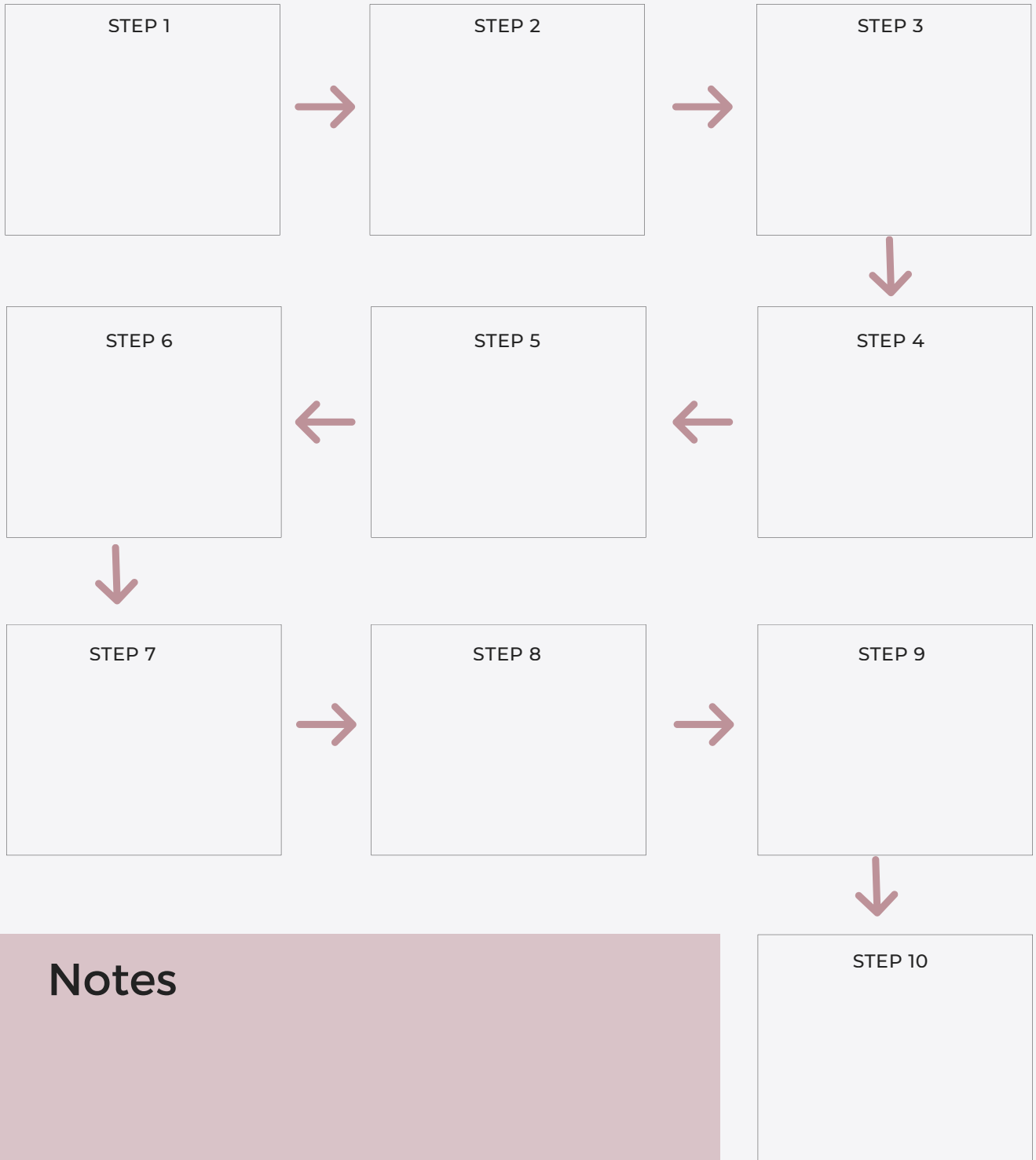
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ACTION STEPS:	ACTION STEPS:	ACTION STEPS:
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Goal *breakdown*

Goal

Deadline



Weekly Meal *planner*

DATE:

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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OTHER NOTES

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Grocerylist

MONTH:

WEEK:

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MEATS / FISH
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VEGETABLES
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Meal *ideas*

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02.

03.

04.

05.

06.

07.

08.

09.

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11.

12.

13.

14.

15.

Other:

Snack *ideas*

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02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Other:

Water *Tracker*

MONTH OF

THE WEEK OF

THE WEEK OF

THE WEEK OF

THE WEEK OF

MON



MON



MON



MON



TUE



TUE



TUE



TUE



WED



WED



WED



WED



THU



THU



THU



THU



FRI



FRI



FRI



FRI



SAT



SAT



SAT



SAT



SUN



SUN



SUN



SUN



Healthy habit *tracker*

MONTH _____

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Notes

Thank you for *downloading*

Hi Fearless Lady! 💪🌟

Thank you so much for downloading this guide—I truly appreciate your support!

I hope it's been helpful and that this is just the beginning of an incredible fitness and health journey for you ♥

I'd love to hear your thoughts, so please feel free to DM me with your feedback!

Looking forward to hearing from you 💬

Bernice

Let's get in *Touch*

