

A FREE WORKBOOK

# The Flexible Wellness & Schedule planner for Busy Women

BY TITILAYO AKINWANDE  
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FIND BALANCE, RECLAIM YOUR TIME, AND FEEL BETTER—  
WITHOUT THE OVERWHELM.



# WELCOME

This planner was created with you in mind — the woman who carries so much, gives so much, and still wants to feel good in her own body, mind, and spirit.

You don't need a strict routine or someone else's version of success. You just need a soft, flexible structure that fits your rhythm.

Use this planner to gently reclaim your time, prioritise your wellness, and plan with more grace than pressure.

You are worthy of rest. You are allowed to choose ease.

And you don't need to do it all to live well.

*Coach Titilayo*



# How to use this workbook

This planner is designed to support your mind, body, and time — without overwhelming you.

Use it weekly or daily, based on what works best for you by picking areas of focus or picking 1 or 2 actions from each section and stay consistent.

What's inside:

- Morning Power Rituals — choose a simple 5, 15, or 30-min routine
- Weekly Planner — block time for work, wellness, and family
- Wellness Focus — set small weekly goals for your mind, body, and relationships
- Movement Log - Track your workouts, walks, dance sessions, or stretches. Celebrate every time you show up for your body.
- Meal Planner — mix cultural favourites with nourishment
- Reflection + Reset — track wins and stay grounded
- Soft Life Moment — honour what made you smile today

💡 Tip: Start small. You don't need to use every section every day. Progress, not perfection.

## Questions?

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# How to use this workbook

## **For Journaling & Deeper Reflection:**

This workbook offers space to reflect weekly, but if you want to dive deeper:

 Keep a separate journal or notebook.

You can label a few pages each week using the same headers from this planner:

- 3 Wins This Week
- Challenge I Overcame
- What I Learned
- What I Need Next Week
- Soft Life Moments

This way, you won't run out of space — and your journal becomes a beautiful record of your growth.


## **For Movement & Meals:**

Use this planner to set your focus, map your week, and track how you feel — not to be perfect, but to stay present.

Tick off your 30-min movement blocks

Plan meals ahead so you nourish your body, not just feed it

Keep it real, keep it simple, keep it YOU.

 Remember: This is a rhythm, not a routine. Use the planner to bring ease, not pressure.

Start where you are. Return to it as often as you need. You're doing amazing.

05 - 08

## MORNING POWER & WELLNESS FOCUS

Start your day with intention, not pressure.  
small shifts in the right direction create deep  
transformation over time.

09 - 12

## WEEKLY PLANNER

Structure your week without feeling restricted.  
Use this flexible layout to block time for what  
matters most — wellness, family, work, rest — and  
adjust it to fit your rhythm, not anyone else's.

13 - 16

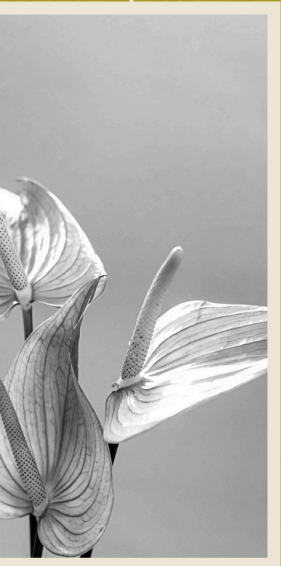
## MEAL & MOVEMENT PLANNER

Plan meals that nourish and reflect who you are.  
Movement is a gift, not a punishment

17 - 25

## REFLECTION, JOURNAL & SOFT LIFE , AFFIRMATION

Take a moment to pause and reflect.  
This is your space to honour softness and joy.





# MORNING POWER RITUALS

Choose from 5, 15, or 30-minute options to ground, move, and reset your energy.

## ● 5-MINUTE RESET (FOR THE ULTRA-BUSY DAYS)

- Sit in stillness for 1 minute
- Take 3 deep breaths + say a short prayer/ affirmations
- Sip warm water or tea
- Quick stretch (arms up, twist, forward fold)
- Set an intention for the day

💬 "TODAY I MOVE GENTLY AND POWERFULLY."

## ● 15-MINUTE GROUNDING (FOR A MORE SPACIOUS MORNING)

- Short prayer or meditation - 3 mins
- Warm water, lemon or smoothie - 2-4 mins
- Gratitude journaling or breathwork - 3 mins.
- Affirm your focus for the day
- Light movement or dancing - 5 mins

💬 "I HONOUR MY BODY AND MY PEACE TODAY."



# MORNING POWER RITUALS

Choose from 5, 15, or 30-minute options to ground, move, and reset your energy.

## ◆ **30-MINUTE EMPOWERMENT (FOR DEEP ALIGNMENT)**

- Meditate or pray - 10 mins
- Gratitude + vision journaling - 5 mins
- Full body warm-up or intentional movement - 10 mins
- Plan top 3 priorities for the day - 5 mins
- Drink something nourishing and energising

💬 **"MY LIFE FLOWS WITH PURPOSE AND PEACE."**

# Wellness Focus

Each week, we carry so much — for others and for ourselves. This space invites you to check in with what you need most right now.

Pick 1–3 focus areas and set a small, doable intention.

## Wellness Focus Areas

This week I will focus on...

Mind: \_\_\_\_\_

Body: \_\_\_\_\_

Food: \_\_\_\_\_

Relationships: \_\_\_\_\_

Boundaries: \_\_\_\_\_

Set one small intention under each category or choose just one to focus on.

Samples could be

Mind → More stillness, journaling, less screen time

Body → Move 3x this week, stretch in the morning

Food → Eat more whole meals, prep veggies ahead

Relationships → Call a friend, say no without guilt

Boundaries → Leave work on time, create alone time



# Weekly Time Planner

**This is my personal weekly time planner — it's been tested and truly works well for me.**

But please feel free to adjust it: change the days, swap the time blocks, and add your own moments for self-care, home responsibilities, or family time. The whole point of this planner is to help you create balance — not just for your goals, but for your well-being, your family, and the people you care about.

Use it as a rhythm, not a rulebook. Make it yours.

| <b>Times</b>    | <b>Monday</b>                 | <b>Tuesday</b>                | <b>Wednesday</b>              |
|-----------------|-------------------------------|-------------------------------|-------------------------------|
| 5:00–5:30 AM    | Wake up, meditate, get ready  | Wake up, meditate, get ready  | Wake up, meditate, get ready  |
| 6:00–7:30 AM    | Workout, shower, get dressed  | Workout, shower, get dressed  | Rest day, Shower, Dressed     |
| 7:30–9:30 AM    | Work - Period 1               | Work - Period 1               | Work - Period 1               |
| 9:30–9:50 AM    | Break                         | Break                         | Break                         |
| 10:00–12:00 PM  | Work - Period 2               | Work - Period 2               | Work - Period 2               |
| 12:15–1:15 PM   | Lunch / Break / Nap           | Lunch / Break / Nap           | Lunch / Break / Nap           |
| 1:15–3:15 PM    | Work - Period 3               | Work - Period 3               | Work - Period 3               |
| 3:30–3:50 PM    | Rest/ Self care / phone calls | Rest/ Self care / phone calls | Rest/ Self care / phone calls |
| 4:00–6:00 PM    | Work - Period 4               | Work - Period 4               | spa day                       |
| 6:15–6:45 PM    | Home / Catch up / Prep dinner | Home / Catch up / Prep dinner | Home / Catch up / Prep dinner |
| 7:00–7:30 PM    | Dinner                        | Dinner                        | Dinner                        |
| 7:45–8:45 PM    | Family / Prep for next day    | Family / Prep for next day    | Family / Prep for next day    |
| 9:00– 9:30 PM   | In bed                        | In bed                        | In bed                        |
| 9.30 PM-10.30PM |                               |                               |                               |

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Use it as a rhythm, not a rulebook. Make it yours.

| Times            | Thursday                      | Friday                        | Saturday                 | Sunday                      |
|------------------|-------------------------------|-------------------------------|--------------------------|-----------------------------|
| 5:00–5:30 AM     | Wake up, meditate, get        | Wake up, meditate, get        | Long sleep               | Long sleep                  |
| 6:00–7:30 AM     | Workout, shower, get          | Workout, shower, get          | Weekly Reflection/       | Long sleep                  |
| 7:30–9:30 AM     | Work - Period 1               | Work - Period 1               | Spa/ self care           | Soft workout/ Movement      |
| 9:30–9:50 AM     | Break                         | Break                         | Grocery shopping         | Clean / laundry             |
| 10:00–12:00 PM   | Work - Period 2               | Work - Period 2               | Grocery shopping         | Clean / laundry             |
| 12:15–1:15 PM    | Lunch / Break / Nap           | Lunch / Break / Nap           | Rest / Self-care         | Rest/ Recovery              |
| 1:15–3:15 PM     | Work - Period 3               | Work - Period 3               | Cook for the family/week | Rest/ Recovery              |
| 3:30–3:50 PM     | Rest/ Self care / phone calls | Rest/ Self care / phone calls | Cook for the family/week | weekly Reflection/          |
| 4:00–6:00 PM     | Work - Period 4               | Work - Period 4               | mental/ emotional        | Family/ Me time             |
| 6:15–6:45 PM     | Home / Catch up / Prep        | Home / Catch up / Prep        | Soft life therapy        | Family/ Me time             |
| 7:00–7:30 PM     | Dinner                        | Dinner                        | TV, Fun, family          | Prep for the following week |
| 7:45–8:45 PM     | Family / Prep for next day    | Family / Prep for next day    | TV, Fun, family          | Prep for the following week |
| 9.00- 9.30 PM    | In bed                        | In bed                        | No digital / Read        | In bed                      |
| 9.30 PM- 10.30PM |                               |                               | Rest/ in bed             |                             |

# Healthy Habit Tracker

Week of: \_\_\_ / \_\_\_ / \_\_\_

## Physical Health

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

| M                        | T                        | W                        | T                        | F                        | S                        | S                        |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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## Mental Health

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## Fitness

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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Eating

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 \_\_\_\_\_  
 \_\_\_\_\_

| M                        | T                        | W                        | T                        | F                        | S                        | S                        |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Sleeping

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 \_\_\_\_\_  
 \_\_\_\_\_

| M                        | T                        | W                        | T                        | F                        | S                        | S                        |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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## Notes

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\_\_\_\_\_  
\_\_\_\_\_



# Food Planner



| Day       | Breakfast                                       | Lunch                                       | Dinner                                        | Snacks / Extras                             |
|-----------|-------------------------------------------------|---------------------------------------------|-----------------------------------------------|---------------------------------------------|
| Monday    | Eggs/ Fish/Meat/ 1 slice of wholemeal bread     | Eggs/ Fish/Meat/ 1 slice of wholemeal bread | Yam/ Potatoes & Meat stew with veggies        | Yoghurt/ berries/nuts/ protein drink or bar |
| Tuesday   | Eggs/ Fish/Meat/ 1 slice of wholemeal bread     | Eggs/ Fish/Meat/ 1 slice of wholemeal bread | Yam/ Potatoes & Meat stew with veggies        | Yoghurt/ berries/nuts/ protein drink or bar |
| Wednesday | Grilled Chicken/ Coffee/Matcha/ 1 tortilla wrap | Chicken with your fav veggie stew           | Rice/Stew/ Meat or fish/ Peas/ Soya beans     | Protein Smoothie with 1-2 fruits            |
| Thursday  | Grilled Chicken/ Coffee/Matcha/ 1 tortilla wrap | Chicken/ Fish Salad or Fried veggies        | Beans/ Plantain/ Meat/Fish                    | Protein Smoothie with 1-2 fruits            |
| Friday    | Eggs/ Fish/Meat/ 1 slice of wholemeal bread     | Plantain/ Fish/ Meat Stew                   | Pepper soup/ Grilled Fish/ Meat/ potatoes/yam | Protein bar/ drink/low- fat Cheese          |
| Saturday  |                                                 | Moi-Moi with eggs/fish                      | Swallow and veggie stew/ Meat/fish            | Protein flatbread/Hummus                    |
| Sunday    |                                                 | Stir-fryed Veggies with Protein             | Rice/Stew/ Meat or fish/ Peas/ Soya beans     | 1 Fruit                                     |



# Food Ideas

## Breakfast ideas

For most busy women, there's rarely time for a sit-down breakfast — and that's okay.

That's why your first meal of the day needs to be light, energising, and protein-rich — something that fuels your body without slowing you down.

Whether you eat at 9AM or 12 noon, the goal is the same: sustain energy, build strength, and avoid crashes later in the day.

Use these brunch-style breakfast ideas to keep your meals simple, satisfying, and supportive of your wellness goals — without spending hours in the kitchen.

- Eggs + Meat or Fish + Wholemeal Bread
  - 3 eggs (scrambled, boiled, or fried in little oil)
  - Grilled beef, chicken, turkey or tinned sardine
  - 1 slice of wholemeal bread or small flatbread
  - .Moi Moi + Boiled Egg or Fish
  - 1-2 cups of moi moi (homemade or prepped in muffin tins)
  - Add sardine or 1 boiled egg
- ✓ Balanced, filling, and easy to rotate all week
  - ✓ Protein + fibre + culture in one plate

# Food Ideas

## Lunch Ideas

Midday meals should nourish you without slowing you down. These are energising, protein-balanced, and full of flavour.

Jollof rice + grilled chicken + steamed veggies

Brown rice + stew + fish + spinach

Yam porridge + boiled egg or grilled turkey

Efo riro + grilled chicken / fish (with or without swallow)

Moi moi + salad + boiled egg


Beans + plantain + grilled fish

Wraps or bowls: chicken, veggies, avocado, spicy dressing

Stir-fried rice with prawns / turkey + bell peppers

Tuna or sardine salad bowl

## Dinner Ideas (Protein-Rich & Culturally Relevant)

 1. Egusi Soup with Spinach + Grilled Protein  
Palm-oil-light egusi with plenty of spinach or bitterleaf  
Serve with lean grilled chicken or fish (20–30g protein)  
Optional: ½ cup swallow (wheat, oat, amala, or fufu)

✓ Comforting and filling without overloading carbs at night

 2. Stir-Fried Veggies + Protein Bowl

Grilled turkey, prawns, or tofu (25–35g protein)

Stir-fry with bell peppers, carrots, broccoli, onions

Serve with ½ cup of basmati rice, sweet potato or plantain

✓ Great for using leftovers + quick 20-min dinner

 3. Baked or Grilled Fish + Efo Riro

Tilapia or salmon with light seasoning

Serve with Efo riro (leafy spinach stew)

Optional: small yam cubes or plantain if needed

✓ High in omega-3s for brain + hormonal health

 4. Protein-Packed Salad

Base: Lettuce, spinach, cucumber, avocado, tomatoes

Add grilled chicken, boiled eggs, or tuna (30g+)

Sprinkle with pumpkin seeds or a spoon of olive oil dressing

✓ Light, refreshing, and great for digestion

 5. Beans & Plantain Combo (Cooked Light)

1 cup beans = 15g protein

Add egg or fish for extra boost

Grilled or air-fried plantain (smaller portion)

✓ Hearty, hormone-supportive, great with pepper sauce

 6. Moi Moi + Side of Sautéed Veggies

1–2 Moi Moi (with egg + fish) = 20–25g protein

Add steamed or stir-fried vegetables on the side

✓ Traditional, but protein-rich when balanced

 7. Pepper Soup with Protein

Goat meat, fish, or chicken pepper soup

Add spinach or scent leaf

Serve with 1 small boiled yam cube or just as is

✓ Warming and light, perfect for evening wind-down

## BONUS TIPS FOR DINNER:

Avoid too much swallow or rice late at night — portion control is key

Focus on protein + veggies at night to support fat loss

# Movement planner

Movement is medicine — but it should never feel like punishment.

This section is here to help you plan intentional, energising movement that fits your week, your body, and your life.

Whether it's strength training, walking, Afrobeat dance, stretching, or rest — the goal is consistency, not perfection.

Choose 3–4 days to move your body with purpose. Track how you feel after.

Let movement support your goals and remind you how powerful you already are.

| Day       | Movement Type   | Activity Plan               | Time Slot | Done?                    |
|-----------|-----------------|-----------------------------|-----------|--------------------------|
| Monday    | Strength (ST)   | Upper or Full Body Workout  | —         | <input type="checkbox"/> |
| Tuesday   | NEAT            | 30-min walk / sauna / steps | —         | <input type="checkbox"/> |
| Wednesday | Cardio          | Dance / HIIT / Treadmill    | —         | <input type="checkbox"/> |
| Thursday  | Strength (ST)   | Lower Body or Core          | —         | <input type="checkbox"/> |
| Friday    | Rest or Stretch | Light movement / flow       | —         | <input type="checkbox"/> |
| Saturday  | NEAT            | Spa / Cleaning / Walk       | —         | <input type="checkbox"/> |
| Sunday    | Optional        | Active rest / reflection    | —         | <input type="checkbox"/> |

## ✨ ADD-ON TRACKER

This week I'm focusing on: \_\_\_\_\_

How my body feels after movement: \_\_\_\_\_

Mood / Energy Check (circle one):

😊 Energised | 😊 Balanced | 😐 Tired | 😞 Stressed

Movement I loved most this week: \_\_\_\_\_

# Reflection & Reset

Progress isn't just about what you did — it's about what you learned, how you felt, and what you're carrying into the next week.

This space invites you to pause. Breathe. Reflect.

Celebrate what went well. Acknowledge what felt hard. Recommit to what matters — without guilt, pressure, or comparison.



## This Week's Wins

List 3 things you're proud of — big or small.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Challenge I Overcame

What felt difficult — and how did you handle it?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Celebrate what went well. Acknowledge what felt hard. Recommit to what matters — without guilt, pressure, or comparison.



## What I Learned About Myself

A thought, realisation or pattern you noticed this week.



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## What I Need Next Week

Support, shifts or systems that will help you thrive.



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## Mood Tracker (Circle One)

😊 Energised 😊 Balanced 😞 Tired 😞 Stressed



## Soft Life Moment I Created

Something small that brought you joy, ease or rest.



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# Reflection & Reset

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## Mood Tracker (Circle One)

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# The Awareness Journal

Your space for spiritual growth and self-tuning

We are not our thoughts — we are the awareness behind them. Thoughts are like radio signals flowing through the universe, and the state we're in determines which ones we tune into. Some are old and automatic, tied to past beliefs. Others are fresh and inspiring, showing us new possibilities.

This journal is here to help you slow down, notice the stations you've been tuned into, and consciously choose the frequencies you want to live from. Use it as a weekly practice (or whenever you feel called) to connect with your inner self and align your energy with who you truly are.

## Journaling Prompts

Choose 1 or 2 from each section or focus on one section at a time

### Spiritual Growth and Self Tuning Prompts

- What thoughts kept showing up for me this week?
- Which of these thoughts felt automatic or repetitive?
- Which new thoughts or ideas sparked joy, creativity, or inspiration?
- What environments or moments brought out my best energy?
- What old "station" (belief/response/pattern) am I ready to release?
- What new frequency (thought/energy/way of being) do I choose to tune into next week?

### Emotional Release Journaling

For letting go of suppressed feelings, stress, or triggers.

- What emotions did I avoid or push down this week?
- What is my heart trying to say that my mind keeps ignoring?
- If I could write a letter to my emotions, what would it say?

# The Awareness Journal

Your space for spiritual growth and self-tuning

## Journaling Prompts

Choose 1 or 2 from each section or focus on one section at a time

### Body Connection Journaling

For tuning into health, movement, and physical signals.

- What is my body asking for right now (rest, strength, nourishment)?
- How did movement/food affect my energy this week?
- Where in my body am I holding tension, and what could it mean?

### Identity & Self-Expression Journaling

For women who feel tied to roles (wife, mother, worker) and want to rediscover themselves.

- Who am I becoming right now?
- What parts of me am I hiding, and why?
- If I lived today fully as myself, what would I do differently?

### Gratitude & Abundance Journaling

Beyond "list 3 things I'm grateful for" — more expansive.

- What small things today felt like blessings?
- Where in my life am I already abundant, even if I overlook it?
- What am I grateful for in advance, even before I see it?

### Vision Journaling

**For future-self alignment.**

- What does my highest self already know about this season of my life?
- If I look back from 10 years ahead, what would I thank myself for today?
- What dream keeps calling me, no matter how much I try to silence it?

# Soft Life Moment

Soft doesn't mean lazy. It means intentional.

This space is for you to capture the small, sacred pauses that nourished your spirit — even in the busiest of weeks. From your morning coffee in peace to a full spa day, they all count.

| Day       | My Soft Life Moment Was... |
|-----------|----------------------------|
| Monday    | _____                      |
| Tuesday   | _____                      |
| Wednesday | _____                      |
| Thursday  | _____                      |
| Friday    | _____                      |
| Saturday  | _____                      |
| Sunday    | _____                      |

# Soft Life Moment

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| Day       | My Soft Life Moment Was... |
|-----------|----------------------------|
| Monday    | _____                      |
| Tuesday   | _____                      |
| Wednesday | _____                      |
| Thursday  | _____                      |
| Friday    | _____                      |
| Saturday  | _____                      |
| Sunday    | _____                      |

# Affirmation page


"I focus only on what depends on me- My thoughts,  
my emotions and my choices.  
I release what I cannot control"

"I am the power, My power is my imagination to  
create the life, events and situation I want. My  
power is occupying the state I want.

"This week I honour who I am, not who the world  
expects me to be. I release comparison, I walk in  
truth"

 **Create Your Own:**

**Write an affirmation that speaks to your season:**

 "I am \_\_\_\_\_"

 "I \_\_\_\_\_"

 "This week, I choose \_\_\_\_\_"

## Ready to Go Deeper?

You've shown up. You've reflected.  
You've moved, paused, and poured into  
yourself.  
But lasting transformation doesn't happen  
alone.  
If you want more support, more structure,  
and a sisterhood to grow with...

# Join Grow & Train With Me

## Experience

A holistic space for women who want to:

- ✓ Prioritise their health without pressure
- ✓ Train consistently with grace and strength
  - ✓ Eat well in a culturally-rooted way
- ✓ Heal, connect, and elevate every area of life

You'll get personalised coaching, accountability, and a wellness framework that fits your real life.



<https://coachtitilayo.com/grow-and-train-waitlist/>

Or email me - [iam@coachtitilayo.com](mailto:iam@coachtitilayo.com)