Planning a healthy routine

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Morning** |  |  |  |  |  |  |  |
| **Afternoon** |  |  |  |  |  |  |  |
| **Evening** |  |  |  |  |  |  |  |
| **Daily goal** |  |  |  |  |  |  |  |

Use this guide to help you start planning a routine. Write down the things you’d like to do in each of the time slots. Or, try giving yourself one simple daily goal.