

**WELLBEING PLANNER**

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WAYS TO WELLBEING** | **ACTIVITY** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| CONNECT | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| CONNECT | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| BE ACTIVE | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| BE ACTIVE | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| TAKE NOTICE | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| TAKE NOTICE | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| LEARN | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| LEARN | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| GIVE | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |
| GIVE | CHOOSE YOUR OWN ACTIVITY |  |  |  |  |  |  |  |