



Weekly Planner

WHEN CAN
YOU MAKE TIME
FOR YOURSELF
THIS WEEK?

Get in the habit of asking yourself 2 questions each day

When you get up:

What am I going to do today for me?

Before you go to bed:





What did I do today for me?

exercise
physical activity

Aim for 30 minutes of physical activity each day.
Look at your typical daily routines; you may already
be getting more exercise than you think (vacuuming
counts!)

other
time out

What other 'me time' can you fit in? A break
can be anything that keeps you strong and
well – anything that makes you feel good!

	REGULAR ACTIVITIES 	SOMETHING DIFFERENT 	REGULAR ACTIVITIES 	SOMETHING DIFFERENT 	TOTAL MINUTES
M					
T					
W					
Th					
F					
Sa					
Su					
TOTAL ME TIME					