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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Rest  Relaxation  Mindfulness  Sleep |  |  |  |  |  |  |  |
| Social activities- family/friends/going out/ meeting new people/groups |  |  |  |  |  |  |  |
| Study/work |  |  |  |  |  |  |  |
| Fun/adventure/Play |  |  |  |  |  |  |  |
| Diet/nutrition |  |  |  |  |  |  |  |
| Exercise/fitness |  |  |  |  |  |  |  |