

Weekly wellbeing planner



Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Wake up at: Morning:	Wake up at: Morning:	Wake up at: Morning:				
Afternoon:	Afternoon:	Afternoon:	Afternoon:	Afternoon:	Afternoon:	Afternoon:
Evening:	Evening:	Evening:	Evening:	Evening:	Evening:	Evening:
Tomorrow I will look after my wellbeing by:	Tomorrow I will look after my wellbeing by:	Tomorrow I will look after my wellbeing by:	Tomorrow I will look after my wellbeing by:	Go to bed at: Tomorrow I will look after my wellbeing by:	Go to bed at: Tomorrow I will look after my wellbeing by:	Tomorrow I will look after my wellbeing by: