

Weekly wellbeing planner

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