

# Weekly 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:  Go to bed at:	Evening:  Go to bed at:	Evening:  Go to bed at:	Evening:  Go to bed at:	Evening:  Go to bed at:	Evening:  Go to bed at:	Evening:  Go to bed at:
Today I will look after my wellbeing by:	Today I will look after my wellbeing by:	Today I will look after my wellbeing by:	Today I will look after my wellbeing by:	Today I will look after my wellbeing by:	Today I will look after my wellbeing by:	Today I will look after my wellbeing by: