

WEEKLY WELLBEING PLANNER

Date _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am - 9am							
9am - 11am							
11am - 2pm							
2pm - 5pm							
5pm - 8pm							
8pm - 11pm							

Schedule a minimum of one thing per day that is positive for your mental and physical wellbeing