

DAILY PLANNER

Use this template to help you plan how you will structure each day. Think about what tasks you **need** to do the following day, and what other activities you would **like** to do.

DATE:	
ACTIVITY	MY PLAN
<i>What work do I need to do?</i>	<i>How and when?</i>
<i>What are my fun activities?</i>	<i>How and when?</i>
<i>Who can I connect with?</i>	<i>How and when?</i>
<i>What's my movement and exercise plan?</i>	<i>How and when?</i>

<i>How do I plan on relaxing?</i>	<i>How and when?</i>
<i>What gives me pleasure or a sense of achievement?</i>	<i>How and when?</i>
<i>Am I learning or trying anything new?</i>	<i>How and when?</i>