

# WEEKLY WELLBEING TRACKER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOT A GOOD NIGHTS SLEEP							
DID SOMETHING PHYSICAL							
ATE 3 HEALTHY MEALS							
DRUNK LOTS OF WATER							
DID AN ACT OF KINDNESS							
THOUGHT POSITIVE THOUGHTS							
DONE SOMETHING CREATIVE							
ATTENDED TO PERSONAL HYGIENE							
ENJOYED A HOBBIE							
TALKED WITH SOMEONE YOU TRUST							

Try to do as many of these as you can each day to look after your wellbeing.