

My weekly activity diary

To keep track of what I am doing



Use this diary to plan your week and record your activity towards your goals.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mental wellbeing/ Te taha hinengaro Relaxation Fun Sleep							
Spiritual wellbeing/ Te taha wairua Music/singing Mindfulness Church/prayer							
Social wellbeing/ Te taha whānau Whānau Friends Work/study/volunteer							
Physical wellbeing/ Te taha tinana Healthy eating Being active Managing symptoms							