

# My weekly activity diary

To keep track of what I am doing



Use this diary to plan your week and record your goal-related activities.

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