



Week of: _____

Schedule Daily Time for Good Health

Instructions: Either day by day, or at the beginning of each week, review the theme of the day and schedule an appropriate activity along with the time of day that you will make it happen.

<p>Sunday Theme: Slow Down Do: Something you find relaxing.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Monday Theme: Me Day Do: Something to pamper yourself.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Tuesday Theme: News Day Do: Look for new tips and ideas.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Wednesday Theme: Week Hump Day Do: Stay positive and encouraging.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Thursday Theme: Time Out Do: Go out and enjoy yourself.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Friday Theme: Friends Day Do: Call or meet up with a friend.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Saturday Theme: Silly Day Do: Something fun and different.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>For more tips and ideas on improving your health, see the book:</p>  <p><i>“Progress has less to do with speed and more to do with direction.”</i> —cited in <i>Bits & Pieces</i></p>	