

## 5 Ways to Wellbeing

Keep track of your 5 ways to wellbeing using this table. Input what you have done each day. See if you can do all 5 each day for a week.

	<b>Give</b>	<b>Connect</b>	<b>Be Active</b>	<b>Keep Learning</b>	<b>Take Notice</b>
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					