My Daily Check-in

Routine

8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

Fluids

It's good to drink penty of water / other drinks throughout the day

1		2		3		3	
5		6		7		8	

Meals

Breakfast _____

Lunch _____

Dinner _____

Quote of the Day

To Do

✓	Item

Don't forget to make time in your day for the 5 ways to wellbeing!

Check out www.startnowcornwall.org.uk for ideas

A huge 'Thank You' to Chelsea who made this 'Daily Check-in Plan' and to Young People Cornwall who shared it and said it was OK for us to share on Start Now.

Check out www.yourway org.uk for more great ideas and support

START NOW

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