

My Daily Routine		Morning				Afternoon				Evening
	Time				Lunch				Dinner	
	Mon									
	Tues									
	Weds									
	Thurs									
	Fri									
	Sat									
	Sun									

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

Check out [www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk) for ideas

START  
NOW



#YouGotThis

