

**INCLUDE 3 + NON-EXERCISE ACTIVITIES EACH DAY.  
KEEP TRACK HERE:**

| DAY | 1 | 2 | 3 | bonus |
|-----|---|---|---|-------|
| M   |   |   |   |       |
| T   |   |   |   |       |
| W   |   |   |   |       |
| Th  |   |   |   |       |
| F   |   |   |   |       |
| Sa  |   |   |   |       |
| Su  |   |   |   |       |

Write down a quick few words describing what you did. At the end of the week, look back and see which ones worked the best and were the easiest to maintain for your lifestyle and activities. Aim to add more activities of similar nature each week!

**Aim for 3 or more activities per day!**