|           | MON                      | TUE                          | WED                  | THUR                  | FRI                          | SAT                               | SUN                   |
|-----------|--------------------------|------------------------------|----------------------|-----------------------|------------------------------|-----------------------------------|-----------------------|
| SUBJECT   |                          |                              |                      |                       |                              |                                   |                       |
| TASK      |                          |                              |                      |                       |                              |                                   |                       |
| SELF-CARE | 30 min walk<br>in nature | Study break<br>with a friend | 10min<br>breath-work | Get an<br>early night | Full body<br>stretch routine | Write 5 things<br>you're proud of | Family<br>games night |