

My Wellbeing Diary

Write down what you did every day to be physically healthy and mentally healthy including what you ate and drank e.g. I did some star jumps in the garden. Do this every day for a week – is there anything you did well and is there anything you would improve?

MONDAY	
My physical health	
My mental health	
My food	

TUESDAY	
My physical health	
My mental health	
My food	

WEDNESDAY	
My physical health	
My mental health	
My food	

THURSDAY	
My physical health	
My mental health	
My food	

FRIDAY	
My physical health	
My mental health	
My food	

SATURDAY	
My physical health	
My mental health	
My food	

SUNDAY	
My physical health	
My mental health	
My food	

REFLECTION ON THE WEEK	
Two things I did well	
Two things I would improve	
What I will change next week	