



A Balanced Life

Think about your normal week outside of school or work. Using the ideas from the homework grid and your own goals for health, fitness and learning, create an activity grid for your average week.

- Remember to add the things you are already doing.
- You must have all the elements you see in the grid but you may add some of your own.
- Aim for at least two activities each day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday