

date: { \_\_ / \_\_ / \_\_ }

**5 a day**

**water**

**to do's**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

{What 6 things are the most important to get done today?}

**S.M.I.L.E - is today balanced?**

**Social**  
{Getting out, calling people etc...}

\_\_\_\_\_

**Manage the home**  
{Household chores to do}

\_\_\_\_\_

**Income**  
{Any money coming in or savings made}

\_\_\_\_\_

**Leisure**  
{Stuff for fun, hobbies, relaxing}

\_\_\_\_\_

**Energy**  
{Eating well and fitness}

\_\_\_\_\_

**notes from the day...**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_