

MY WEEKLY ACTIVITY PLANNER

WHAT ARE YOUR GOALS FOR THIS WEEK?

Use this planner to help you plan your weekly routine.

DATE:

Use the space below to write down what you want to achieve this week through your activity sessions.

Use the table below to write down the activity you plan to complete on which day. Remember to give yourself a rest between sessions and be kind to yourself!

MON ●	TUE ●	WED ●	THU ●	FRI ●	SAT ●	SUN ●

HOW DID THIS WEEK GO?

Reflect on how your activity sessions went this week, don't forget to reward yourself for making progress on your goals!