**My Daily Wellness Plan**

**Name:**

Use this page to create the ideal daily wellness plan. That means, if your day were to go perfectly on schedule you would follow this plan to get 60 minutes of physical activity. You would also eat nutritious whole foods at every meal and for snacks. We know that most days don’t go perfectly on schedule. However, this plan can be a guide to help you focus on building a physically active lifestyle.

**Daily Planner**

|  |  |  |  |
| --- | --- | --- | --- |
| **Time of Day** | **Activity Name** | **Activity Time** | **Health Benefit** |
| **Early Morning** |  |  |  |
| **Mid-Morning** |  |  |  |
| **Late Morning** |  |  |  |
| **Early Afternoon** |  |  |  |
| **Mid-Afternoon** |  |  |  |
| **Late Afternoon** |  |  |  |
| **Evening** |  |  |  |

|  |  |
| --- | --- |
| **Meal** | **Nutritious Foods** |
| **Breakfast** |  |
| **Snack** |  |
| **Lunch** |  |
| **Snack** |  |
| **Dinner** |  |
| **Snack** |  |

**It’s important to drink plenty of water.** Write 1-3 sentences about how you will plan to drink a healthful amount of water and avoid sugary beverages.