

## 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.

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