

Wellbeing Journal



Name:


Total Number of days physically active:



Carre's Grammar School

Outreach

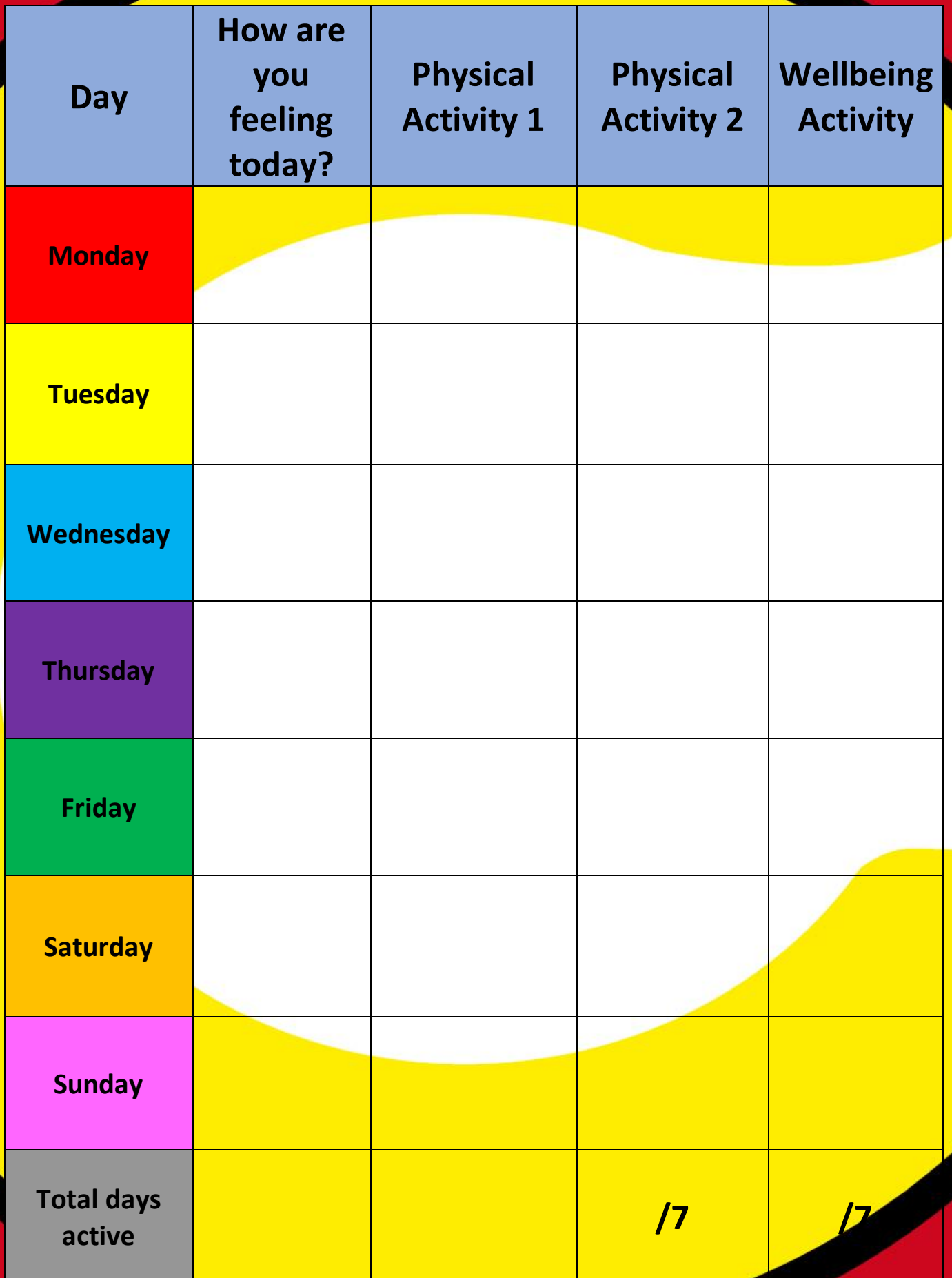
Welcome to your wellbeing journal. Here you can keep a log of how you feel and what activities you have completed throughout the week. Each week we will publish new challenges and ideas that you can use to rack up your active days as well as activities that are good for your wellbeing. Below is an example of how to fill out your journal:

Day	How are you feeling today?	Physical Activity 1	Physical Activity 2	Wellbeing Activity
Monday		Went for a walk	Completed a circuit workout	Read a book

Full active day = 2 or more physical activities

These can also go towards your schools **Couch2Tokyo** progress use the link below to enter activities onto the form.





Day	How are you feeling today?	Physical Activity 1	Physical Activity 2	Wellbeing Activity
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total days active			/7	/7



Wellbeing is being comfortable, healthy or happy. There are loads of different things we can do to improve how we feel. Here are some images of people looking after their wellbeing. Other ideas include helping family members, yoga or even eating healthily.



Week 1 Challenges:

How many of these can you tick off in this week?

- Exercise for 20 mins
- Been for a walk
- Played in the garden
- Went for a run
- Create a home circuit
- -Personal Challenge: How many star jumps can you complete in 1 minute? By the end of the week try to beat it