

# STEP 2 – LET'S MAP YOUR WELL-BEING OUT FOR THE WEEK!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am – 8am Sunrise							
8am – 10am							
10am – 12pm							
12pm – 2pm							
2pm-4pm							
4pm – 6pm Sunset							
6pm – 8pm							
8pm – 10pm							

If you need extra ideas or need some more motivation...follow us on social media where we share low, medium and high effort bananas for you to try!



@ArthurEllisMHS