

Weekly Planner

Use this weekly planner to make some time in your day to get active, connect with others and commit to something meaningful. At the end of the week write down what was your highlight and think about what you can continue to do regularly moving forward.

What I'd like to achieve this week:

.....

.....



Mentally Healthy WA



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Act	e.g. Swimming 9am	e.g. Do a game of Sudoku or a crossword	e.g. Walk to the shops or to a park	e.g. Listen to or play some music	e.g. Read a book	e.g. Plant something green	e.g. Go for a beach walk
Belong	e.g. Call an old friend or family member		e.g. Meet a friend at a coffee shop		e.g. Go online to find a new club or group to join		e.g. Meet a friend at your local market
Commit		e.g. Donate to charity			e.g. Learn a new song on a musical instrument	e.g. Help a neighbour	

Act Do something.

Things like...

- Go for a walk
- Meditate or pray
- Get out in nature
- Do some yoga
- Do a crossword
- Read a book
- Dance
- Go swimming
- Do the gardening...

Belong Do something with someone.

Things like...

- Join a local sports or book club
- Meet up with friends or family for an outing or do something together
- Connect with your neighbours
- Find out from the council what events are happening in your community...

Commit Do something meaningful.

Things like...

- Learn something new
- Help out a friend or neighbour
- Volunteer
- Take on a challenge
- Commit to a cause

The highlight of my week was:

.....

.....

For more information, tips and inspiration visit: actbelongcommit.org.au

- Explore our **Activity Finder** to find local activities that interest you. You can search by date, location and activity type!
- Take our **Mental Wellbeing Quiz** to rate your involvement in mentally healthy activities.