

WEEKLY PLANNER

Use this Weekly Planner to make time in your day to get active, connect with others and commit to something meaningful.

Prioritise your mental health.
One day at a time.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Act							
Belong							
Commit							

Act Do something.

Things like...

- Get out in nature, even if it's in your own yard
- Read a book
- Dance
- Do some yoga
- Do a puzzle

Belong Do something with someone.

Things like...

- Tackle a board game with someone in your family
- Video call someone you haven't seen in a while
- Write a note or text telling someone how much you care
- Research groups or clubs in your local community

Commit Do something meaningful.

Things like...

- Learn something new
- Challenge yourself to reach a new goal
- Tidy or organise something for someone
- Reach out to someone in need

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.

