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| **5 Ways to Wellbeing Actions****(Tick next to week and actions when you have completed activities related your wellbeing)** | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** |
| **Connect** |   |   |   |   |   |
| Call a friend or family to check how they are |   |   |   |   |   |
| Meet up with a friend or family |   |   |   |   |   |
| Speak to a trusted friend about something on your mind |   |   |   |   |   |
| Attend an event alone or with friends |   |   |   |   |   |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Be Active** |   |   |   |   |   |
| Go for a walk or run\* |   |   |   |   |   |
| Explore a new walking/ running route\* |  |  |  |  |  |
| Attend a free exercise session with Our Parks |  |  |  |  |  |
| Go for a cycle |   |   |   |   |   |
|  |   |   |   |   |   |
|  |   |   |   |   |   |
| **Take Notice** |   |   |   |   |   |
| Go for a walk in nature noticing sounds, colours and smell |   |   |   |   |   |
| Write in my journal about my thoughts and feelings |   |   |   |   |   |
| Write about what I am grateful for today |   |   |   |   |   |
| Reflect on how a recent event went including lessons learnt |   |   |   |   |   |
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|  |  |  |  |  |  |
| **Learn** |  |  |  |  |  |
| Take a new course with Waltham Forest Adult Learning |  |  |  |  |  |
| Learn to cook a new recipe  |  |  |  |  |  |
| Start up a new business venture with |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Give** |  |  |  |  |  |
| Give a smile |  |  |  |  |  |
| Give a compliment |  |  |  |  |  |
| Become a volunteer with Legends of the Forest |  |  |  |  |  |
|  |  |  |  |  |  |
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**Wellbeing Planner/ Tracker ( Monthly)**

**Good Luck!**

Let us know how you get on via social media @sugarsmartuk

@wfcouncil

#SugarSmartSeptember

|  |  |  |  |  |  |  |  |
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| **5 Ways to Wellbeing Actions****(Tick next to days and actions when you have completed activities related your wellbeing)**  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Connect** |   |   |   |   |   |  |  |
| Call a friend or family to check how they are |   |   |   |   |   |  |  |
| Meet up with a friend or family |   |   |   |   |   |  |  |
| Speak to a trusted friend about something on your mind |   |   |   |   |   |  |  |
| Attend an event alone or with friends |   |   |   |   |   |  |  |
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| **Be Active** |   |   |   |   |   |  |  |
| Go for a walk or run\* |   |   |   |   |   |  |  |
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| **Give** |  |  |  |  |  |  |  |
| Give a smile |  |  |  |  |  |  |  |
| Give a compliment |  |  |  |  |  |  |  |
| Become a volunteer with Legends of the Forest |  |  |  |  |  |  |  |
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Wellbeing Planner/ Tracker (Weekly)