|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **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 |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**Wellbeing Planner/ Tracker ( Monthly)**

**Good Luck!**

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

@wfcouncil

#SugarSmartSeptember

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **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 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **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 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

Wellbeing Planner/ Tracker (Weekly)