

# activity calendar



ACTIVITY ↓

- body care
  - exercise
  - healthy eating
  - treat illness
  - rest & sleep
- achievement
  - work
  - chores
  - study
- connect with others
  - friends
  - family
  - community
- enjoy
  - play
  - fun
  - pleasure

SUN	MON	TUE	WED	THU	FRI	SAT