## Activity tracker & planner

**Step 1:** Track your activity for the next week. At the end of the week look at how much time you have given to rest, relation and recovery activities. **Step 2:** Use the template again for a second week and this time ensure that you schedule in some 'me time' for the week or activities that you enjoy. **Step 3:** Track for as long as required until you feel you are naturally achieving a better balance and conscious of your decisions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							