# WEEKLY MENTAL HEALTH planner

	M	T	W	TH	F	S	SUN
DRINK ENOUGH WATER	0	0	0	0	0	0	0
BRUSH TEETH AT LEAST TWICE A DAY	0	0	0	0	0	0	
EAT THREE HEALTHY MEALS		0	0	0	0	0	
GO OUT FOR FRESH AIR	0	0	0	0	0	0	0
DO SOME YOGA	0	0	0	0	0	0	
TALK TO FAMILY AND FREINDS	0	0	0	0	0	0	
ACTIVE ACTIVITY FOR 30 MINUTES	0	0	0	0	0	0	
LOG OFF GADGETS 30 MINUTES BEFORE BED	0	0	0	Ō	0	0	C
AT LEAST 8 HOURS SLEEP		0	0	0	0	0	0
OTHER	0	0	0	0	0	0	0
OTHER	0	0	0	0	0	0	0

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**Clare Erasmus** 



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