

Sarah's

# PERSONAL ACTIVITY PLAN

Date: August 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Go for a swim at the local pool	Walk to work. Stopping at the café to have a coffee and read the paper			Walk to a new café and order something for breakfast I've never had before	
			Walk down to the park and eat my lunch		Do some gardening	Visit neighbours for some afternoon tea
				Walk to and from Julia's house for some dinner	Have a bubble bath	Tai Chi in the park

**Other options I can consider...**

- Drive to the coast and read my book on the beach!
- Cook a completely new dish from scratch. See if Lauren wants to come around to eat it
- Walk to the museum and see whatever show is on for free. Stay for a while and make sure I learn something new
- Run to the park and back without stopping
- Visit mum and dad
- Join the local book club...or should I try to start my own?
- Buy some fresh flowers for myself
- Explore the bush track

MORNING

AFTERNOON

EVENING