|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Work** |  | **Personal** |  | **Connection/Wellbeing** |
| *e.g. Mark all assessments for BUMGT1501 prior to Friday* |  | *e.g. Meditate or exercise for 30 minutes  each day this week before work.* |  | *e.g. Call a friend or family member on  FaceTime while walking after work.* |
| Click or tap here to enter text. |  | Click or tap here to enter text. |  | Click or tap here to enter text. |
| Click or tap here to enter text. |  | Click or tap here to enter text. |  | Click or tap here to enter text. |
| Click or tap here to enter text. |  | Click or tap here to enter text. |  | Click or tap here to enter text. |
| Click or tap here to enter text. |  | Click or tap here to enter text. |  | Click or tap here to enter text. |
| Click or tap here to enter text. |  | Click or tap here to enter text. |  | Click or tap here to enter text. |

|  |  |
| --- | --- |
| **To-do** | |
| Click or tap here to enter text. | Click or tap here to enter text. |
| Click or tap here to enter text. | Click or tap here to enter text. |
| Click or tap here to enter text. | Click or tap here to enter text. |
| Click or tap here to enter text. | Click or tap here to enter text. |
| Click or tap here to enter text. | Click or tap here to enter text. |
| Click or tap here to enter text. | Click or tap here to enter text. |