



New Activity Planner

Read and plan new activities to have a healthier life.

Imagine you are going to change your daily routine to have a healthier life, how could you start a new plan to get used to these new activities.

Activity: _____ **Date:** _____

Pros: _____ **Cons:** _____

Description

Activity: _____ **Date:** _____

Pros: _____ **Cons:** _____

Description

Describing the planning by day - _____

