My daily planner

e-wellbeing
POWERED BY
YMCA DownsLink Group

Going back to school can mean some changes to your day. Use this planner to help you adjust to your new routine.

Time	Activity	Alternative Activity	How are you feeling?
What time are you doing the activity?	What activities you have been doing before going back to school?	What will you be doing in your new timetable instead?	Note down how you're feeling while you are doing the new activity. This can help you keep track of your emotions.