



Be active weekly planner

Be healthy and active
Healthy brain, healthy body

My goal this week: _____

Connect

Energise

Move

Be present

Learn

Think positive

Be active <i>refer to the 6 steps to healthy ageing for ideas</i>	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Connect							
Energise							
Move							
Be present							
Learn							
Think positive							

The highlight of my week was: _____