



Today I have .....

Activity	Done	Not done	Score
Got up before 9			1 point
Got dressed			1 point
Had a conversation with another person			1 point
Did some exercise			2 points
Did something to help another person			1 point
Spent time outside			2 points
Ate some fruit			2 points
Made a meal from scratch			2 points
Drank enough water			1 point
Carried out at least one form of relaxation			2 points
Did some on-line yoga			1 point
Cleaned one area of the house or did one DIY job			1 point
Did something/watched something to make me laugh			2 points
Read a book (not a business or self-help book) for pleasure			1 point
Did something creative			1 point
Listened to music you like			1 point
Danced for 5 minutes (more if you like)			2 points
Had a relaxing bath			1 point
Organised something for tomorrow (a virtual coffee or remote night out with friends)			2 points
<b>Total score</b>			

How you spend this time, your mindset towards it (scared and fearful, or hopeful and positive) what you eat (helping or harming your immune system), how much you move, what you do and how you fill your time will not only support your health during this time but also protect both your physical and mental health for the months and years that follow it.