



LIVE YOUR WHY

Afterschool Edition



How do you plan your day?

Do you use a day planner, a calendar, or just think about it?

Try planning your day in a different way than you usually do.

Check out these planner templates:

Scan this:



templatelab.com/daily-planner-template/#Daily_Planner_Templates

How do you balance your days so that you can accomplish what you need to, but leave room for relaxation and fun?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy