Daily Stay at Home Action List

**General**

* Today’s Motivation
* Today’s Priority
* Physical activity: aim for at least 30min

**Morning**

* Physical activity (nature if possible)
* Relaxation / mindfulness / meditation
* Social media
* Breakfast

**Afternoon**

* Lunch

**Evening**

* Join a forum / learning online
* Text / message: 1-3 people
* Calls / video chat: 1-3 people
* Alcohol Free Day: Yes / No

Aim for at least 4 AFD per week

* Hobby: jigsaw, reading, adult colouring

**Night**

* Watch movie/activity on shared platform

(eg. Netflix Party)

* Quality sleep is good for immune system

**Schedule**

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| --- | --- |
| **Date** |  |
| **Motivation** |  |
| **Priority** |  |
| **Morning** | |
|  |  |
| **Afternoon** | |
|  |  |
| **Evening** | |
|  |  |
| **Night** | |
|  |  |

# My Daily Stay at Home Action List

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| --- | --- |
| **Date** |  |
| **Motivation** |  |
| **Priority** |  |
| **Morning** | |
|  |  |
| **Afternoon** | |
|  |  |
| **Evening** | |
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| **Night** | |
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