

Working 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

Morning - Work

- Video chat at least one work colleague
- Set work activity targets
- Identify breaks

Afternoon

- Lunch break: schedule a time
- Set work activity targets
- Identify breaks

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/week
- Hobby: jigsaw, reading, adult colouring

Night

- Watch movie/activity on shared platform (eg. Netflix Party)
- Quality sleep is good for immune system

Schedule

Date	
Motivation	
Priority	
Morning: Before Work	
Morning: Work	
Afternoon: Lunch & Work	
Evening	
Night	

My Working Daily Stay at Home Action List

Date	
Motivation	
Priority	
Morning: Before Work	
Morning: Work	
Afternoon: Lunch & Work	
Evening	
Night	