# 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** |
|  |  |