



# YOUR WEEKLY *wholistic* HEALTH PLAN

You can choose to do a different activity of each health aspect every day or pick one you like and repeat daily!

	PHYSICAL	MENTAL	EMOTIONAL	SOCIAL	SPIRITUAL
<b>SUNDAY</b>	Beach walk with family	Practise deep belly breaths	Find an outlet to work through deeper issues by next week	Call a family member or friend	Connect with God through prayer each morning or evening
<b>MONDAY</b>	Ten minutes of resistance band workouts*	Write down three affirmative truth statements about myself	Hug partner for at least 20 seconds before leaving for work	Join in the discussions on <i>At The Table's</i> Facebook page.	Think about a favourite Bible verse repeatedly through the day
<b>TUESDAY</b>	Group fitness class at gym	Play a memory game	Write a positive note to child or partner and hide it in their lunchbox	Dinner with a friend	Share an encouraging thought with a friend
<b>WEDNESDAY</b>	Ten minutes of arms and cardio workouts*	Change one negative thought into a positive one	Think about any emotional triggers and write a simple strategy for each	Meet with local hobby group	Listen to a spiritual podcast while driving around running errands
<b>THURSDAY</b>	Walk children to school and back instead of driving	Read <i>At The Table</i> magazine	Spend five minutes as a family sharing jokes	Have a friend over for afternoon tea	Sing worship songs with children
<b>FRIDAY</b>	Ten minutes of dynamic stretches*	Read together	Share with partner about stress and challenges of the week (be careful not to take frustration out on partner)	Bring children for a play in the park	Spend a few minutes reading the Bible
<b>SATURDAY</b>	Rest day	Spend five minutes reflecting (or journaling) what I'm thankful for	Tell family members "I love you"	Potluck lunch with friends after church	Worship time at church

\* See "Fitness" on [thetabletv.com](http://thetabletv.com)

Want to read more? [thetabletv.com/beyond\\_workouts](http://thetabletv.com/beyond_workouts)

