EMOTI	O N S	н О	M E W	O R K		MENTAL	LY
<b>MY'SEE'CHA</b>	RT	NAME:	•••••	• • • • •	• • • • • •	SCHOO!	
Ç zzz		DATE:	•••••	• • • • • •	• • • • •		
leep xercise			you're	being ea	ep track ch day th ace or a	nis Week!	Put a
Eat a healthy balanced diet			circle	each tim	e you pra	ctise a s	skill.
	DAYI	DAY 2	DAY 3	DAY 4	DAY S	DAY 6	DAY 7
between 9 and 12 hours of sleep.							
I turned off all screens at least  1 hour before bed.							
I kept all devices out of my bedroom at night.							
I did Progressive Muscle Relaxation on a relaxing meditation before bed.							
I didn't go to bed feeling hungry or too full.							
hour. (Remember: walking counts!)							
I ate breakfast, lunch and dinner.							
ate 5 portions of fruit/vegetables.							
drank 5-8 glasses of Water.							
l avoided sugary foods.							
I ate some protein (e.g. eggs, cheese, milk, fish, meat).							
I avoided drinks with caffeine (e.g. tea, coffee, cola and similar).							
I avoided eating junk food.							