

My goal this week \_\_\_\_\_

 **Connect**

 **Energise**

 **Move**

 **Be present**

 **Learn**

 **Think positive**

Be active <i>refer to the 6 steps to healthy ageing for ideas</i>	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Connect</b>							
<b>Energise</b>							
<b>Move</b>							
<b>Be present</b>							
<b>Learn</b>							
<b>Think positive</b>							

The highlight of my week was \_\_\_\_\_