

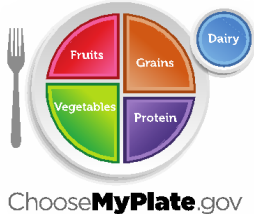


Name: _____

Email: _____

Activities:

- Fill your plate ½ full of vegetables & fruits two meals each day.
- Aim for 30 minutes of movement at least 5 times a week (type and minutes).
- Focus on strategies to improve sleep.
- Focus on work/life balance and family/me time.
- Complete the bonus activities on back of calendar.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Manage Time!	April 6	7	8	9	10	11
12 Me Time & Sleep Time!	13	14	15	16	17	18
19 Movement Time & Mealtime!	20	21	22	23	24	25

26 Screen Time and Creative Time!	27	28	29	30	May 1	2
3 Time to Connect!	4	5	6	7	8	9
10 Balance It! Celebration	11	12	13	14	15	16
17	18					
Record the <u>date you:</u>	Used a Time Management Tip	Used a Tip to help you Sleep	Took time for yourself	Made time to enjoy a hobby	Planned time for family or friends	Enhanced work/ life balance

Email or Fax results to: **Shannon Carter-** carter.413@osu.edu or 740-687-7010 (Fax) **by May 18.**



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
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