**Continuity: Daily Activity Tracker**

Currently, it can be hard, each day, to keep a sense of routine and purpose. We can end up sleeping in, slouching around in pj’s or comfortable clothes, eating meals at odd times and not managing to get outside for exercise. Amid a global pandemic and in lockdown it is completely understandable that the simplest things can just feel overwhelming and / or pointless.

By starting a daily activity tracker, you can start to centre your day, its not about big goals or changing your life, it is about finding achievement in bringing back some routine / continuity and taking pride in the small things. Everyone’s daily activity list will be different and is personal to you. You can print the chart below, shading in or marking each square when you achieve the task – it is a nice thing to do at the end of the day to have a sense of achievement before you go to bed. Or you may want to take this idea and draw your own tracker in your journal or notebook.

This idea was suggested by a trained therapist and can have a positive impact on mental health during difficult situations such as during lockdown or coping with grief. Remember to be kind to yourself if you don’t manage to shade in all your squares, there is always tomorrow and it is about the bigger picture not just one day!

Suggestions for activities

* Wake up by 8am
* Read a chapter of the bible / Psalm before breakfast
* Shower before breakfast
* Make a healthy breakfast
* 30-minute walk
* Pray at Midday (why not join us on Facebook for Midday Prayers Live? Or use your Families Worldwide)
* Read for 30 minutes
* Drink 6 glasses of water throughout day
* Make healthy nutritious dinner
* Call a friend / family member
* Write in my diary
* Go to bed by 11pm

**My Daily Activity Tracker**

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