

Go back

Start again

Amend my answers

Create a new planner

Day planner colour key:

We found FREE time

Possible FREE time

You're busy

### David's Typical Thursday

6:00am	Wake up	
6:30am	Can you find your 30 minutes of exercise here?	Please Select
7:00am	Breakfast	<a href="#">Ideas for healthy recipes</a>
7:30am	Finish Breakfast	
8:00am	Work/home duties (1)	<a href="#">Tips to find your 30 with work/home duties</a>
8:30am		
9:00am		
9:30am		
10:00am		
10:30am		
11:00am		
11:30am		
12:00pm	Lunch	<a href="#">Tips to find your 30 at lunch</a>
12:30pm	Can you find your 30 minutes of activity at lunch?	Please Select
1:00pm	Finish Lunch	
1:30pm		
2:00pm		
2:30pm		
3:00pm	Finish Work/home duties (1)	
3:30pm	Commitments with kids 1	<a href="#">Tips to find your 30 with kids</a>
4:00pm		
4:30pm		
5:00pm	Finish Commitments with kids 1	
5:30pm		
6:00pm		
6:30pm	Get home	<a href="#">Get ideas &amp; tips to help find your 30 here</a>
7:00pm	Dinner	<a href="#">Get ideas for healthy recipes</a>
7:30pm	Finish Dinner	
8:00pm	Can you find your 30 minutes of activity here?	10 mins
8:30pm		
9:00pm		
9:30pm		
10:00pm	Off to bed	

We have found you a total of 30 Minutes!

Now, to find more time throughout your day simply check out our helpful tips:

- > [Travel Tips](#)
- > [Work/Home Duties Tips](#)
- > [School/Study Tips](#)
- > [Commitment with Kids Tips](#)
- > [Other Personal Commitment Tips](#)
- > [Lunch/Dinner Tips](#)
- > [Healthy Recipes](#)
- > [Get Active](#)