

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

Tania's Typical Thursday

6:00am	Wake up	
6:30am	Can you find your 30 minutes of exercise here?	Please Select
7:00am	Breakfast	Ideas for healthy recipes
7:30am	Finish Breakfast Travel Time	Tips to find your 30 when travelling
8:00am	Finish Travel Time Commitments with kids 1	Tips to find your 30 with kids
8:30am		
9:00am		
9:30am		
10:00am		
10:30am		
11:00am		
11:30am	Finish Commitments with kids 1	
12:00pm	Lunch	Tips to find your 30 at lunch
12:30pm	Can you find your 30 minutes of activity at lunch?	Please Select
1:00pm	Finish Lunch	
1:30pm		
2:00pm	Commitments with kids 2	Tips to find your 30 with kids
2:30pm		
3:00pm		
3:30pm		
4:00pm	Finish Commitments with kids 2	
4:30pm	Travel Time	
5:00pm	Other personal commitments (1)	Tips to find your 30 with other personal commitments
5:30pm		
6:00pm	Finish Other personal commitments (1)	
6:30pm	Get home	Get ideas & tips to help find your 30 here
7:00pm	Dinner	Get ideas for healthy recipes
7:30pm	Finish Dinner	
8:00pm	Can you find your 30 minutes of activity here?	Please Select
8:30pm		
9:00pm		
9:30pm		
10:00pm	Off to bed	