

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

Zoe's Typical Thursday

6:00am	Wake up	
6:30am	Can you find your 30 minutes of exercise here?	10 mins
7:00am	Breakfast	Ideas for healthy recipes »
7:30am	Finish Breakfast	
8:00am	Work/home duties (1)	Tips to find your 30 with work/home duties »
8:30am		
9:00am		
9:30am		
10:00am		
10:30am		
11:00am		
11:30am		
12:00pm	Lunch	Tips to find your 30 at lunch »
12:30pm	Can you find your 30 minutes of activity at lunch?	10 mins
1:00pm	Finish Lunch	
1:30pm		
2:00pm		
2:30pm		
3:00pm		
3:30pm		
4:00pm		
4:30pm		
5:00pm		
5:30pm	Finish Work/home duties (1) Travel Time	
6:00pm		
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?	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](#)