**WELLNESS WEEKLY SCHEDULE MOCKUP**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| MON | TUES | WED | THUR | FRI | SAT | SUN |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MORNING |  |  |  |  |  |  |  |
| AFTERNOON |  |  |  |  |  |  |  |
| EVENING |  |  |  |  |  |  |  |
| Notes |

**WELLNESS WEEKLY SCHEDULE EXAMPLE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| MON | TUES | WED | THUR | FRI | SAT | SUN |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MORNING | Exercise (go for a walk)  |  |  | yoga |  | Check out the OUSA wellbeing HUB |  |
| AFTERNOON | Study | Try a new recipe  |  |  | Read  |  |  |
| EVENING | Mindfulness exercise |  | Netflix watch party with friends |  |  |  |  |
| Notes |