

## Five-minute activities - Mental Fitness - Activity Worksheet

The objective of these 12 five-minute activities is to complete each activity at least once during the week. Tick each item when completed.

Place the Activity Worksheet on your fridge or another place and monitor your Mental Fitness progress during the week.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Listen to a song							
Read pages in a book							
Prepare some fruit salad							
Cut flowers and put them in a vase							
Write a shopping list							
Read an article on the Internet							
Do some exercise							
Do a crossword puzzle							
Read a movie review							
Watch a movie trailer on the Internet							
Message or text a family member or friend							
Create a photo and upload it to your social media account							