

GREEN TIME DIARY

Write down all of your Green Time activities over the last week.

Hint: Green Time is any activity that doesn't involve screens!

M O N D A Y	T U E S D A Y
W E D N E S D A Y	T H U R S D A Y
F R I D A Y	S A T U R D A Y
S U N D A Y	M Y F A V O U R I T E G R E E N T I M E A C T I V I T Y W A S . . .

