



Simplify Your Weekend

CURRENT SITUATION

ACTIVITY	TIME ALLOCATED
PHYSICAL ACTIVITY	
QUALITY FAMILY TIME	
SCREEN TIME	
COOKING/FOOD PREPARATION	
SHOPPING	
KIDS ACTIVITIES	
SOCIALISING	
RESTING/QUIET TIME	
SLEEPING	
SELF-CARE	
TIME IN CAR	
HOUSE STUFF	



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IDEAL SITUATION

ACTIVITY	TIME ALLOCATED
PHYSICAL ACTIVITY	
QUALITY FAMILY TIME	
SCREEN TIME	
COOKING/FOOD PREPARATION	
SHOPPING	
KIDS ACTIVITIES	
SOCIALISING	
RESTING/QUIET TIME	
SLEEPING	
SELF-CARE	
TIME IN CAR	
HOUSE STUFF	

What would you like to start doing less of?

How could weekends feel simpler and more enjoyable?