Winter routine plan

Short days and cold weather hit hard in a first Canadian winter. Plan for daylight, movement, people and rest.

NAME _____ DATE _____

Area	My plan	When
Daylight (get outside at midday)		
Movement (indoor options)		
People (a weekly fixed plan)		
Food (warm, regular meals)		
Sleep (same times daily)		
Something to look forward to		

If my mood stays low for two weeks, I will contact:

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