



Finding the Time . . .



A Better Way Hypnotherapy • 7-C Brendan Way • Greenville, SC 29615 • (864) 242-5810

DIRECTIONS: Place a “W” in each square for the hours you are at work or are traveling to/from work. Place an “E” in each square for the hours you are at work or are traveling to/from work. Place a “T” during the hours you watch TV; place an “E” during the times you now exercise, and “S” for sleep, and an “O” for other. Decide where you can change a “T” or an “O” to an “E” and shade in that block.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Those areas that you shaded in will be good opportunities to add exercise to your day. Remember that increasing your physical activity level will also assist in improving your overall health.