

## Make your own plan to



**Rialtas na hÉireann**  
Government of Ireland

# KEEP WELL

**KEEPING ACTIVE** | **EATING WELL** | **KEEPING IN CONTACT** | **SWITCHING OFF** | **MANAGING YOUR MOOD**

## MONDAY

TUESDAY

WEDNESDAY

## THURSDAY

**FRIDAY**

## SATURDAY

## SUNDAY

[illegible]