

Name: _____

County: _____

What is my overall goal for this month:

The **Five Ways to Wellbeing** are simple actions to practice each day to maintain or improve our mental health and wellbeing. These are:



Be Active

Be active in your neighbourhood whether that's walking the dog, swimming, yoga or running with friends.



Connect & Give

Check in on neighbours, stay connected with friends and offer support in other ways.



Eating Well

Have regular meals, try eating 5 fruit and veg a day, drink plenty of water and have a balanced diet.



Minding your Mood

Be mindful of your mental health. Enjoy nature. Follow necessary steps for a good night's sleep.



Get Creative

Learning about different flowers and animals you noticed on your walk. Take up cooking classes. Try meditation to relax.

Instructions: The campaign target is to aim for 90 minutes of activity a week. Any form of exercise can be included i.e., walking, gym class, swimming. Setting a pre-determined goal each week will increase motivation and self-confidence. Fill out your goal each week in the target column. Then when you completed your session, fill in your actual duration of activity completed. See prefilled example below:

	EXAMPLE		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL
Monday	30 min	20 min								
Tuesday	0 min	10 min								
Wednesday	30 min	45 min								
Thursday	0 min	0 min								
Friday	30 min	0 min								
Saturday	0 min	15 min								
Sunday	0 min	30 min								
Activity Chosen	Swimming, Running, Pilates, Walking									



There is a Local Sports Partnership in every county, with 29 across the ROI. Find your local contact here: www.sportireland.ie/participation/lsp-contact-finder

If you would like to submit your activity log to be included as a case study on your local LSP social media, please forward your completed calendar to: participation@sportireland.ie

