

Today's Plan

(Example day plan with suggested mental fitness strategies built in)

6.00am	Sleep	
6.30	Wake up	Aim for a similar wake time each day.
7.00	Coffee/breakfast	If possible get some exposure to sunlight early in the day.
7.30	Check and refine your plan for the day	Plan your day . Make revisions as necessary
8.00	Transport	Use transport as opportunity to be physically active (e.g. walk, ride) or use it for ongoing learning (e.g. podcasts)
8.30	Lecture reading	Get your head in the space, ready for learning by reading some lecture relevant content
9.00	Lecture 1	Where possible attend lectures (don't rely on online), turn off phone, focus specifically on the lecture, take the best notes you can
9.30		
10.00	Lecture 2	
10.30		
11.00	Time outside	This is about getting some exposure to nature : trees, grass, animals, sun. What you do during this time is up to you: socialise, email, reading, walking
11.30		
12.00pm	Transport	Use transport as opportunity to be physically active (e.g. walk, ride) or use it for ongoing learning (e.g. podcasts)
12.30	Lunch	Try to focus on ADG . If you struggle with foods, see GP and get appt with dietician. If possible aim for a similar eating time each day. Aim for cheap, simple to prepare, nutritious.
1.00	Study time	Plan your study session, remove distractions, focus on one thing at a time, use evidence-based strategies , when study session is finished tidy/organise your study space.
1.30		
2.00		
2.30		
3.00	Relax/ rest	Do a genuinely fun activity, whatever that is for you
3.30		Maybe another coffee :) – Maybe some meditation
4.00	Emails and social	Do at least one thing that helps sustain or grow a relationship (e.g. send nice email, organise a catch-up, help someone with a goal of theirs)
4.30		
5.00	All the adult stuff	Review your finances – budget, costs, spending, savings, investments, debt, bills
5.30	Dinner	Try to focus on ADG . If struggle with foods, see GP and get appt with dietician. If possible aim for a similar eating time each day. Aim for cheap, simple to prepare, nutritious.
6.00	Transport	Use transport as opportunity to be physically active (e.g. walk, ride) or use it for ongoing learning (e.g. podcasts)
6.30	Work	Within reason, at your workplace, look for opportunities to have fun, to interact socially, to reflect on how your work helps others, aim to improve and get better at your job, connect your work with your studies, set up routines/habits at work, so it requires less effort.
7.00		
7.30		
8.00		
8.30		
9.00		
9.30		
10.00		
10.30		
11.00		
11.30	Pre-bed routine	Journaling – what did you learn today, what did you learn about yourself, 3 things you are grateful for, how did what you do today connect to the future you want for yourself – other activities
12.00am	Sleep	Aim for a similar bed-time each day