

Name: _____

County: _____

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.

What is my overall goal for this month:

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

