



5-Day Challenge

Day 3

Finding Time Opportunities

by
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Key Points

Great, so if you've done the previous tasks (and don't proceed with this until you have), you will now know your personal reasons and motivations for becoming more physically active, and have a deeper understanding of the impact it will have on your life. This is really important as it gives you the inner drive for what comes next as we begin to create your personal Active Wellbeing plan.

Today you'll be working on finding time opportunities. In our modern lives there is always so much to do, and so little time to do it in. Wellbeing and self-care often get dropped to the bottom of the pile, but not any more. Now you can see what really matters, it will become easier to prioritise where to spend your time.

On the next page you will find a simple schedule planner. What I would like you to do is list your typical 'types of day', so for most people these would be 'work days' and 'weekend days' but you may have other types too.

Then, I want you to identify time blocks of at least 10 minutes when you could do some type of physical activity.

Don't worry about what the activity is just now (we'll cover that later), just look for blocks of time when you could do something! I've put in an example column to show you what I mean.

Find as many blocks as possible. You may not need to use them all, but you need to see where the opportunities are.

Finally, add up how many minutes you found in each day. This is your 'time opportunity' for that day type.



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Finding Time Planner

	Typical work Day example			
06:00				
06:30				
07:00	10 minutes			
07:30				
08:00				
08:30	20 minutes			
09:00				
09:30				
10:00				
10:30				
11:00				
11:30				
12:00				
12:30	10 minutes			
13:00				
13:30				
14:00				
14:30				
15:00				
15:30				
16:00				
16:30				
17:00	20 minutes			
17:30				
18:00				
18:30				
19:00	30 minutes			
19:30	30 minutes			
20:00				
20:30				
Total	120 minutes			



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What you need to post in the comments in today's task post



DON'T POST SCREENSHOTS OF THE WORKSHEET - REPLY DIRECTLY IN THE COMMENTS ON TODAY'S TASK POST

1. How many minutes of 'time opportunity' did you find in each type of day?

Example: Typical Work Day = 120 minutes



Active
Wellbeing
Challenge



with Diane Brown