

**cognitive alertness:**  
 concentration, receptivity,  
 memory, good balance, benevolent mindfulness

**mental well-being:**  
 balanced mood, serenity and harmony  
 confidence, good self-perception  
 good balance

**physical strength**  
 endurance, mobility, coordination  
 good balance, good recovery

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday					
	activities	c	m	p	activities	c	m	p	activities	c	m	p	activities	c	m	p	activities	c	m	p	activities	c	m	p
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