**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Drinks** | **Movement** | **Self-care** |
| **Monday** |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |

*Keep in touch by liking and following our* [*Facebook*](https://www.facebook.com/sportwellingtongreenprescription/?ref=bookmarks) *and remember to check out our monthly* [*Newsletters*](https://mailchi.mp/0420e8323236/get-involved-with-green-prescription-2895053?fbclid=IwAR0xeGaKsLhStZFOrxuQJdDvo7uNyXGPsl0Ls_pjeXYa3mQ4QRs3A6dT8bo)*. Click here to find out more about* [*Sport Wellington*](https://www.sportwellington.org.nz/active-health-and-wellness/community-strength-and-balance/exercises-you-can-do-at-home/)