

# Our Weekly Wellbeing Record

WEEK: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ TO \_\_\_\_ / \_\_\_\_ / \_\_\_\_

<b>CHILDS NAME</b>				
<b>MONDAY</b>				
FOOD				
REST/SLEEP				
TOILETING				
INSECT REPELLENT				
SUN CREAM				
<b>TUESDAY</b>				
FOOD				
REST/SLEEP				
TOILETING				
INSECT REPELLENT				
SUN CREAM				
<b>WEDNESDAY</b>				
FOOD				
REST/SLEEP				
TOILETING				
INSECT REPELLENT				
SUN CREAM				
<b>THURSDAY</b>				
FOOD				
REST/SLEEP				
TOILETING				
INSECT REPELLENT				
SUN CREAM				
<b>FRIDAY</b>				
FOOD				
REST/SLEEP				
TOILETING				
INSECT REPELLENT				
SUN CREAM				