



# MY BEST IS ENOUGH!

## MORNING

Stay Hydrated   
Breakfast 

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### MAIN GOALS

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### REWARD

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## AFTERNOON

Stay Hydrated   
Lunch 

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### MAIN GOALS

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### REWARD

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## EVENING

Stay Hydrated   
Dinner   
Sleep Routine 

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### MAIN GOALS

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### REWARD

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### THINGS I CAN'T CONTROL

- What other people do
- The government's response
- The world's situation
- The overall spread of the virus
- How long the situation will last

### THINGS I CAN CONTROL

- Good Hand Hygiene & Staying Home
- What I watch and read
- Reaching out by phone or online
- What I eat & drink
- Self-care and new routines