IN THIS TOGETHER!

OUR FAMILY WELLBEING PLAN

Things we are grateful for this week

Mon: _____________________________
Tues: ____________________________
Weds: ____________________________
Thurs: ____________________________
Fri: ______________________________
Sat: ______________________________
Sun: ______________________________

Family Activity Ideas

Who we will connect with this week

What | Who | Done
--- | --- | ---

Things we can do to help others

Name | Ideas
--- | ---

Meal Plan | Shopping List

Quote of the Week: