

BACE weekly activity diary

Balance body care, achievement, connection and enjoyment

BODY • ACHIEVE • CONNECT • ENJOY



BACE offers four gentle lenses for planning a week. One activity can support more than one area, and small actions still count.

TIME / FOCUS	MON	TUE	WED	THU	FRI	SAT	SUN
BODY CARE							
ACHIEVEMENT							
CONNECTION							
ENJOYMENT							

WHAT FELT SUPPORTIVE, AND WHAT NEEDS ADJUSTING?
