

Appendix 1: Logging your Five Ways to Wellbeing

In each box write down what activity you did e.g. football. And then circle the smiley face to show how it made you feel.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BE ACTIVE	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>
NOTICE	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>
LEARN	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>
GIVE	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>
CONNECT	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>	<div></div> <div>😊 😐 😞</div>
HOW DO YOU FEEL OVERALL TODAY	<div>😊 😐 😞</div>	<div>😊 😐 😞</div>	<div>😊 😐 😞</div>	<div>😊 😐 😞</div>	<div>😊 😐 😞</div>