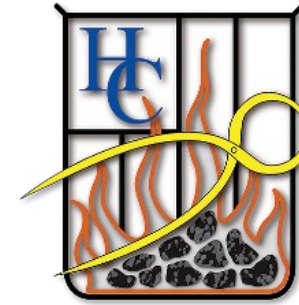


**WEEK 3 – Theme ‘The De-tox’ – try to increase sleep and breakfast intake and reduce screen to as little as possible AIM – 1 hour per day.**

DATE	SLEEP (hours) 	What did you have for breakfast? 	Time spent on social media/gaming yesterday 	Did you do any exercise? Y/N	How do you feel today on a scale of 1-10? 1 very low 5 average 10 great    
M					
T					
W					
T					
F					
<b>TOTALS</b>					

# THE 3 WEEK LIFESTYLE EXPERIMENT

Autumn Term 2021



Have you ever wondered what it would be like to be a human experiment?

Are you interested in exploring how to feel happier?

Have you ever wondered what life would be like without screens?

Are you brave enough to try?

**WEEK 1 – Theme – ‘The Trial’ – follow your normal routines and remember to be honest with your scores.**

DATE	SLEEP (hours) 	What did you have for breakfast? 	Time spent on social media/gaming yesterday 	Did you do any exercise? Y/N	How do you feel today on a scale of 1-10? 1 very low, 5 average, 10 great   
M					
T					
W					
T					
F					
<b>TOTALS</b>					

**WEEK 2 – Theme ‘The Experiment’ – try to increase your sleep and breakfast intake and lower your screen time.**

DATE	SLEEP (hours) 	What did you have for breakfast? 	Time spent on social media/gaming yesterday 	Did you do any exercise? Y/N	How do you feel today on a scale of 1-10? 1 very low, 5 average, 10 great   
M					
T					
W					
T					
F					
<b>TOTALS</b>					