



**SMALL CHANGES**  
WHĀNAU CHALLENGE



# SMALL CHANGES PLANNER

Put me on  
the fridge



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							

Place a sticker on each day to plan out the activities you will do during the week.  
Write notes or times that you plan to do your activities to help keep on track.

[www.smallchanges.org.nz](http://www.smallchanges.org.nz)