

CATEGORY/EXAMPLES	PLAY DAY ACTION PLAN	COMPLETED
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**P**

**PONDER/PRAY**

- Time-Out
- Think
- Ideas
- Journal
- Plan

**L**

**LEARN**

- Get Better
- Something New
- Read
- Watch
- Research

**A**

**ACT (TAKE ACTION)**

- Provide Value
- Help/Serve Others
- WIN the Day
- Do It Now!
- To Do List
- Not To Do List

**Y**

**YOUTHIFY**

- Drink Water
- Exercise
- Do Something Fun
- Eat Healthy
- Smile/Laugh
- Connect with Friends
- Go Outside
- Brush and Floss
- Rest/Nap/Sleep

**DAILY/WEEKLY REVIEW**

<b>CONTINUE</b>	
<b>STOP</b>	
<b>START</b>	