



stay home

ACTIVITIES PLANNER

5 pages to keep track of your activities during the lockdown + ideas to spend time at home.

Spreadsheets you'll find inside:

SELF CARE

HOME

JOB

FUN

MEALS





stay home

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SELF CARE

- 8 hours sleep _____
- stretching / yoga _____
- 10-12 glasses of water _____
- skincare routine _____
- workout _____
- face mask _____
- hair wash / mask _____
- manicure / pedicure _____

WEEK:

M	T	W	T	F	S	S

IDEAS:

- DIY face mask: 1 tbsp yoghurt + 1 tbsp honey, mix, apply, wait 15 minutes then wash
- 15 minutes workout: 30 jumping jacks, 30 abdominal crunches, 30 oblique crunches, 30 Russian twists, 30 straight leg donkey kicks (left), 30 straight leg donkey kicks (right), 30 donkey kicks (left), 30 donkey kicks (right), 30 side kicks (left), 30 side kicks (right), 30 jumping squats, 30 push ups, 30 sec. plank
- DIY hair mask: 1 tbsp olive oil + 1 tbsp honey, mix, apply, wait 30 minutes then wash
- Beauty tips: <https://www.francinesplaceblog.com/category/beauty>

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HOME

- rooms cleaning _____
- fridge organisation/cleaning _____
- garden / patio cleaning _____
- closet organisation / change _____
- decluttering _____
- DIY decor _____
- plants care / gardening _____
- home repairs _____

WEEK:

M	T	W	T	F	S	S

IDEAS:

- DIY decor crafts: <https://www.francinesplaceblog.com/category/diy-decor-projects>
- Closet decluttering tip: pull everything off, try on everything, divide what to keep, what to donate and what to throw away. Reorganize the closet with boxes, baskets and divide by seasons (fabrics) or colors.
- Fridge organisation tip: top - eggs, cheese, yoghurt, cooked food; medium - cold cuts, sauces, cooked meat or veggies; low - raw meat/fish; low drawers: fresh fruit/veggies; side drawers: drinks, milk, butter, water.
- Organisation tips: <https://www.francinesplaceblog.com/category/organize>

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JOB FROM HOME

- e-mails
- videocalls
- workspace organisation
- contacts clean up
- resume refresh
- new clients research
- online courses
- new goals planning

WEEK:

M	T	W	T	F	S	S

IDEAS:

- Tips if you're not working: <https://www.francinesplaceblog.com/2019/10/8-things-to-do-if-tired-of-being-broke-financial-money-problems-save.html>
- Work schedule tips: choose one workspace, avoid distractions, wear comfy clothes (not pijamas), set your deadlines and to-do lists, have your usual breaks and lunch, stop at your usual time.
- Workspace organisation tips: quite, airy and well-lit place, get tech in order, keep it minimal with stationery, use a comfy chair, keep it clean and in order everyday.

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FUN

- social videocalls
- books / podcasts
- table games
- DIY projects
- creative classes
- movies / series
- fun apps
- new language course

WEEK:

M	T	W	T	F	S	S

IDEAS:

- DIY projects (decor & fashion): <https://www.francinesplaceblog.com/category/diy>
- Social & fun apps (some of): Whatsapp (videocalls), Zoom, House Party, Smule (karaoke), Tik Tok, Trivia Crack (quiz game), Fortnite, Words With Friends, Duolingo (language courses).
- Creative skills improvement: <https://www.francinesplaceblog.com/category/craft-skills>.

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MEALS

- breakfast _____
- tea / tisane _____
- 5 portions fruit / veggies _____
- pasta / rice / cereals _____
- legumes _____
- fish / meat _____
- dairies _____
- sweets / desserts _____

WEEK:

M	T	W	T	F	S	S

IDEAS:

- Tip: schedule your meals and stick to it to avoid junk food (as much as possible).
- Easy recipes: <https://www.francinesplaceblog.com/category/recipes>
- Tip: stay hydrated with water, teas and fresh juices.
- Morning / afternoon breaks with dried fruit or granola bars.
- Tip: prepare fresh meals and freeze them to avoid can food as much as possible.
- Tip: be creative with new recipes and never skip a meal.

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