

WFH ROUTINE

BINGO

Worked without the TV	Started on time	Brushed hair
Brushed teeth	Actually took advantage of time allowed to exercise each day	Ate three meals
Ate a piece of fruit	Ate a vegetable	Drank something uncaffeinated
Actually did tasks in priority order	Didn't check social media during work hours	Didn't do any online shopping
Maintained good posture for most of the day	Made a useful to do list	Got FULLY dressed, not just dressed in "upperwear"

