## REGULATE

**PLANNER** Tick off each of the 5 weekly tasks as you complete them. Don't forget to write your comments and things to work on.

	1. Read this weeks content	2. Watched the video	3. Filled out the activity	4. Read the emails	5. Contacted Amy with my questions	Comments
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						