

MINI BREAKS

Short breaks are underestimated regeneration strategies. Scientists have discovered that human performance follows a high-low rhythm. Each phase of the energetic state lasts a maximum of 90 to 120 minutes.

TIP: The breaks are most effective when they are used. For example, eye relaxation, a mini-movement unit or a short breathing relaxation.

**Print out this template and place it at your workstation.
 This will help you not to forget at least three mini-breaks a day!**

Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  

Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  

Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  
WEEK ____	  	  	  	  	  	  	  