



**ENERGY HEALTH**

**FREE HOME2WORK**

**PROGRAM**

# WEEKLY TIMETABLE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|          |                            |                              |                          |                             |                         |
|----------|----------------------------|------------------------------|--------------------------|-----------------------------|-------------------------|
| 6:45am   |                            | Weekly Mindfulness           |                          |                             |                         |
| 7:00am   |                            |                              | Workout With Family      |                             | Workout                 |
| 9:00am   | Program Launch             | Ergonomics at Home           |                          |                             |                         |
| 10:00am  | Weekly Gratitude Challenge | Healthcare Insurance Message | Weekly Health Challenge  | OPTUS Messages              | Weekly Fun Challenge    |
| 12::00pm | Podcast                    |                              |                          | Mental Health with Lifeline | Podcast                 |
| 2:00pm   | Mini Movement 5 minutes    | Mini Movement 5 minutes      | Mini Movements 5 minutes | Mini Movement 5 minutes     | Mini Movement 5 minutes |
| 4:00pm   |                            |                              |                          | Workout                     |                         |

Major Sponsor

**healthcare**  
insurance

Powered By

**OPTUS**

For more information visit <https://www.energyhealthconcepts.com/home2work>

Note: This timetable may change from time to time, follow us on linkedin or facebook for updates.