

## **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	4P 4P	4P 4P	17 17 17	4P 4P	47 47 47	4P 4P	47 47 47
WEEK	42 42 42	42 42	47 47 47	47 47 47	4P 4P	47 47 47	47 47 47
WEEK	42 42 42	47 47	4P 4P	47 47 47	47 47	47 47 47	4P 4P
WEEK	17 JP 17	4P 4P	17 JP JP	17 17 17	4P 4P	17 17 17	17 17 17
WEEK	17 JP 17	\$P \$P \$P					
Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK	4P 4P	4P 4P	47 47 47	4P 4P	4P 4P	4P 4P	47 47 47
WEEK	\$P \$P \$P	4P 4P 4P	\$P \$P \$P				
WEEK	4P 4P 4P	47 47 47	4P 4P	17 IP 17	4P 4P	17 dp 14	47 47 47
WEEK	42 42 42	47 47 47	47 47 47	47 47 47	47 47 47	47 47 47	4P 4P
WEEK	17 JP JP	47 47 47	\$P \$P \$P	\$P \$P \$P	\$P \$P \$P	\$P \$P \$P	47 47 47
Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK	4P 4P	4P 4P	4P 4P	47 47 47	4P 4P	4P 4P	4P 4P
WEEK	\$P \$P \$P	4P 4P 4P	\$P \$P \$P				
WEEK	47 47	42 42	42 42	40 40	42 42	47 47	47 47 47
WEEK	42 42 42	42 42 42	4P 4P	47 47 47	42 42	47 47 47	4P 4P
WEEK	48 48 48	48 48 48	49 49 49	48 48 48	48 48 48	47 47 47	\$P \$P \$P