

BACE is a simple way of dividing our daily activities into four categories. This can help create a balance in our life and ensures we are aiming for a range of activities that help our mental and physical wellbeing. Aim for at least one different activity every day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Body care</b> <ul style="list-style-type: none"> <li>➤ Rest &amp; sleep</li> <li>➤ Nourishing food</li> <li>➤ Movement/exercise</li> <li>➤ Giving long-acting insulin</li> </ul>							
<b>Achievement</b> <ul style="list-style-type: none"> <li>➤ Work</li> <li>➤ Chores</li> <li>➤ Study/Learning</li> <li>➤ Diabetes goals</li> </ul>							
<b>Connection</b> <ul style="list-style-type: none"> <li>➤ Friends</li> <li>➤ Family</li> <li>➤ Community</li> </ul>							
<b>Enjoyment</b> <ul style="list-style-type: none"> <li>➤ Fun</li> <li>➤ Pleasure</li> <li>➤ Hobbies</li> </ul>							