



# WELLNESS DAILY CHECKLIST

<input type="checkbox"/>	Get some early morning sunlight (preferably before 9am)
<input type="checkbox"/>	Hydrate early and often (aim for at least half your body weight in oz)
<input type="checkbox"/>	Add lots of colorful fruits and veggies to your meals
<input type="checkbox"/>	Aim for protein at each meal (beans, grains, lean meats, fish, tofu, tempeh)
<input type="checkbox"/>	Take a 5-minute timeout for a breathing exercise or meditation
<input type="checkbox"/>	Be creative (coloring, dancing, photography, painting, knitting, etc.)
<input type="checkbox"/>	Do something that makes you feel strong (strength training, HIIT, yoga, cardio)
<input type="checkbox"/>	Go for a walk after dinner
<input type="checkbox"/>	Connect with family or friends
<input type="checkbox"/>	Express gratitude
<input type="checkbox"/>	Create a relaxing sleep routine