



# Daily Wellness Checklist

## ☒ Morning Routine

- ☐ Wake up before 8 AM (or your preferred time)
- ☐ Drink a glass of warm water with lemon or herbal infusion
- ☐ Do 5–10 minutes of light stretching or yoga
- ☐ Practice 3–5 minutes of mindfulness (deep breathing, meditation, or gratitude)
- ☐ Eat a nourishing breakfast (include protein + fiber)

## ☒ Throughout the Day

- ☐ Stay hydrated (aim for 6–8 glasses of water)
- ☐ Eat balanced meals (whole foods, colorful veggies, healthy fats)
- ☐ Limit processed snacks and sugar
- ☐ Take a 5-minute movement break every 1–2 hours
- ☐ Spend 10+ minutes outside in natural light
- ☐ Do something that brings you joy (music, reading, hobby, etc.)

## ☒ Mental & Emotional Wellness

- ☐ Write 1–2 things you're grateful for
- ☐ Avoid multitasking—focus on one task at a time
- ☐ Limit social media scrolling to 30 minutes or less
- ☐ Practice positive self-talk or affirmations
- ☐ Connect with someone (even a quick message or call)

## ☒ Evening Routine

- ☐ Eat dinner at least 2–3 hours before bed
- ☐ Avoid screens 1 hour before bedtime
- ☐ Reflect on your day or journal for 5 minutes
- ☐ Practice a calming ritual (herbal tea, music, stretching, prayer)
- ☐ Sleep 7–9 hours in a dark, cool, quiet room

