

YOUR DAILY WELLNESS CHECKLIST

Take a proactive approach to achieving a healthy lifestyle!

Try tick off at least two healthy habits per section, per day. You can then gradually work your way towards incorporating all of them for a continued happy, healthy wellness journey.

MOVEMENT

Exercised for 30 minutes or more
Did some stretching
Parked my car in the furthest parking spot
Took the stairs and not the lift
Did steps while brushing my teeth
Did squats while waiting for the kettle to boil
Regularly stood up from my desk

NUTRITION

Drank 6 - 8 glasses of water
Ate 1 - 2 pieces of fruit
Ate 5 or more vegetable servings
Ate gut-healthy food (kombucha, sauerkraut, kimchi, kefir)
Prepared at least 1 healthy meal myself
Avoided processed food and refined carbohydrates
Was mindful of my sugar intake

BALANCE

Spent time with family and engaged with them
Made contact with the earth (grass, sand, water or plant life)
Noted 5 things I am grateful for
Made time for relaxation
Read a book or article for enjoyment
Meditated for at least 10 minutes
Slept well (7 - 9 hours)

PRODUCTIVITY

Prioritised tasks
Set a schedule and stuck to it
Avoided multi-tasking (focussed on doing one thing at a time)
Minimised interruptions and distractions
Delegated tasks that could be delegated
Prepped for tomorrow before leaving for the day
Left work at work

© 2020. All rights reserved.