

Healthy Lifestyle Habits Checklist

DAILY HABITS

- Drink water consistently throughout the day
- Eat whole, minimally processed foods
- Include colorful vegetables and fruits daily
- Support gut health with fiber-rich foods
- Take intentional stress regulation breaks
- Prioritize at least a short movement routine daily
- Get morning light or sunlight exposure when possible
- Practice mindful eating (slow down, notice fullness cues)
- Reduce screen stimulation in the evening for better sleep
- Limit sugary snacks and beverages as daily defaults

WEEKLY HABITS

- Batch prep ingredients to support easier healthy meals
- Plan movement sessions throughout the week
- Schedule a consistent weekly rest and recharge day
- Engage in community connection or supportive social time
- Review goals and reflect on progress, not perfection

NUTRITION & MEAL HABITS

- Build meals with protein + fiber + healthy fats
- Choose whole food snacks more often than packaged snacks
- Increase anti-inflammatory foods (berries, greens, herbs, spices)
- Label read regularly to reduce added sugars and inflammatory oils
- Aim to eat at least 2–3 colors per meal for nutrient diversity

Hope In Health Consulting provides prevention education and functional nutrition learning support. We do not diagnose, treat, cure, or prescribe for medical conditions. Always consult with a licensed healthcare provider for personal medical care.

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