

Downloadable Bonus: Travel Wellness Checklist

Healthy Travel Checklist: Simple Habits to Help You Stay on Track

Whether you're heading off for a weekend away or a full vacation, use this checklist to stay connected to your wellness goals while still enjoying the journey.

Before You Go ☒ Pack a few nourishing snacks (nuts, bars, fruit, nut butter) ☒ Bring a reusable water bottle ☒ Save your favorite quick workouts to your phone ☒ Toss a sleep mask or earplugs in your bag ☒
Mentally prepare: Aim for "better," not perfect

In Transit ☒ Stay hydrated (drink water before and during travel) ☒ Walk and stretch whenever you can (at the airport or pit stops) ☒ Choose balanced meals when possible

While You're Away ☒ Start your day with a glass of water ☒ Make time for some movement (walking, stretching, or bodyweight circuit) ☒ Tune into hunger and fullness cues ☒ Try to keep a consistent bedtime ☒ Enjoy local food without guilt ☒ Take a few deep breaths when things get hectic

When You Return ☒ Ease back into your routine without pressure ☒ Focus on the next healthy choice, not making up for anything ☒ Reflect: What worked well? What could you try next time?

Remember: Healthy habits aren't about perfection. They're about consistency, flexibility, and being kind to yourself along the way.