

Daily Health, Wellness & Mindfulness Checklist

■ Morning Routines

- ■ Wake up at a consistent time (preferably before 7 AM)
- ■ Drink a full glass of water upon waking
- ■ Do 5–10 minutes of deep breathing or meditation
- ■ Express gratitude (list 3 things you're thankful for)
- ■ Stretch or perform gentle yoga for 5–10 minutes
- ■ Take a brisk walk or light exercise (20–30 minutes)
- ■ Eat a nourishing breakfast (include protein + greens or fruit)
- ■ Take supplements or vitamins as needed
- ■ Review daily goals or intentions
- ■ Spend a few moments in natural sunlight

■ Routines Throughout the Day

- ■ Take short movement breaks every hour (stand, stretch, or walk)
- ■ Practice mindful breathing during transitions (between tasks)
- ■ Eat a balanced lunch — focus on whole foods and hydration
- ■ Drink enough water (aim for at least 6–8 cups total per day)
- ■ Step outside for fresh air at least once during the day
- ■ Limit screen time by practicing short digital breaks
- ■ Check in with your posture and relax your shoulders/jaw
- ■ Have a healthy afternoon snack if hungry (fruit, nuts, yogurt, etc.)
- ■ Connect with someone positively (call, text, or in person)
- ■ Reaffirm your focus or gratitude mid-afternoon

■ Evening Routines

- ■ Finish eating at least 2–3 hours before bedtime
- ■ Do light stretching, yoga, or a short walk after dinner
- ■ Reflect on 3 positive moments from your day
- ■ Practice mindfulness or meditation (5–10 minutes)
- ■ Limit screen exposure at least 30–60 minutes before bed
- ■ Prepare for tomorrow (lay out clothes, plan meals, etc.)
- ■ Write in a journal or gratitude log
- ■ Do a calming ritual (reading, music, herbal tea, etc.)
- ■ Set a consistent bedtime and aim for 7–8 hours of sleep