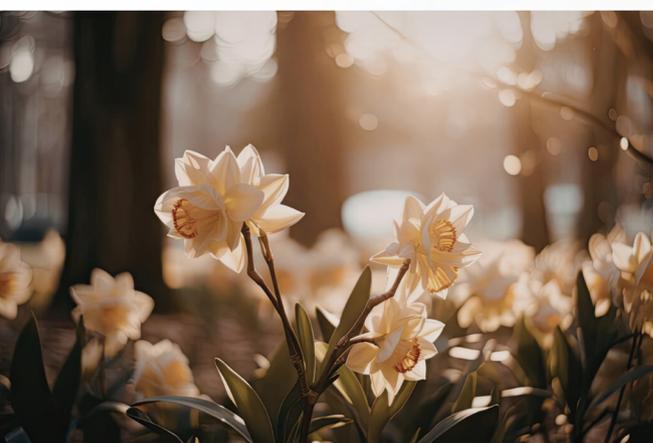


Healthy Habits Spring Checklist



- Open the windows for fresh air daily
- Journal your thoughts each morning
- Prep meals for the week ahead
- Set boundaries with your time
- Don't forget to hydrate
- Focus on balance, not perfection
- Switch your winter bedding to summer
- Refresh a room with flowers or a plant
- Move your body in ways you enjoy
- Spend a little time in the sunlight
- Plan a cosy baking day
- Try a new recipe this month
- Wash blankets, throws or cushion covers
- Pick out your spring reading list
- Schedule time for self-care
- Limit screen time before bed
- Write down 3 things your looking forward to in spring

Healthy Habits Spring Checklist



Spring Cleaning Checklist



LIVING ROOM

- _____
- _____
- _____
- _____
- _____
- _____

HALLWAYS & ENTRYWAYS

- _____
- _____
- _____
- _____
- _____
- _____

BEDROOM

- _____
- _____
- _____
- _____
- _____
- _____

KITCHEN

- _____
- _____
- _____
- _____
- _____
- _____

BATHROOM

- _____
- _____
- _____
- _____
- _____
- _____

OTHER

- _____
- _____
- _____
- _____
- _____
- _____

Spring

