
Remember, consistency is key to developing positive habits.
Use this checklist to stay accountable and track your progress towards a
healthier and happier lifestyle.

Drink at least 8 glasses of water per day.

Aim for 7-9 hours of quality sleep each night.

Eat a balanced diet consisting of fruits,
vegetables, lean proteins, and whole grains.

Engage in physical activity for at least 30 minutes
most days of the week and flexibility exercises.

Practice meditation, deep breathing, or other
relaxation techniques daily.

Establish a morning and bedtime routine to start
and end your day on a positive note.

Engage in activities that bring you joy and
relaxation, such as reading, hobbies, or spending
time outdoors.

Practice gratitude and self-compassion daily.

Plan your daily schedule to prioritize important
tasks and maintain balance.
