

Daily Health Checklist

Morning

- Drink Water
- Eat Fruit and/or Veggies
- Set Intention or Goal for Day

Afternoon

- Drink Water
- Eat Fruit and/or Veggies
- Sit/Stand Tall
- Socialize

Evening

- Drink Water
- Eat Fruit and/or Veggies
- Read
- Plan For Tomorrow
- Turn Off Screens 30 minutes Prior to Sleep
- Go To Bed Before 10pm

Daily

- Move For 30 minutes or More
- Say "Thank You"
- Smile
- Count Your Blessings
- Talk To Your Family