

Healthy Habits Checklist

Remember, this is about making progress, not being perfect!

GOAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.5-8 Hours Sleep per night							
Drink 64-80oz. Water							
Move My Body- Physical Activity							
Practice Stress Reduction							
Slow Down & Breathe When Eating							
Prepare Meals At Home							
Eat Regularly							
Eat Protein At Each Meal							
Eat Healthy Fats							
Eat Veggies & Other Complex Carbohydrates							
Meditate							
Practice Gratitude							
Touch Base with My Community							
Trust My Intuition							
Practice Mindfulness							

Daily Schedule

Plan To Succeed- Make yourself a priority by scheduling your meal breaks and exercise time.

Start Time	Time Blocks								
6:00 AM	1h	TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM									
7:00 AM									
8:00 AM									
9:00 AM									
10:00 AM									
11:00 AM									
12:00 PM									
1:00 PM									
2:00 PM									
3:00 PM									
4:00 PM									
5:00 PM									
6:00 PM									
7:00 PM									
8:00 PM									
9:00 PM									
10:00 PM									
11:00 PM									

Weekly Meal Plan

Meal Planning Makes Being Healthy Easy

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Snacks							