

# Healthy Habits Checklist

Core daily health habits to keep your body and mind feeling their best.

## Move Your Body

- Get some physical activity, even a short walk  
Aim for around 150 minutes of moderate activity per week.
- Add strength or resistance movement a couple of times a week
- Stretch or move regularly if you sit for long periods
- Take the stairs or walk short distances when you can
- Choose activities you genuinely enjoy so you keep at them

## Eat Well

- Fill half your plate with vegetables or fruit
- Include protein and fiber to stay full and energized
- Choose whole foods over heavily processed ones when you can
- Eat regular meals instead of skipping and overeating later
- Practice mindful eating and stop when comfortably full

## Stay Hydrated

- Drink water steadily throughout the day
- Start your morning with a glass of water
- Keep a water bottle within reach as a reminder
- Swap sugary drinks for water, tea, or sparkling water
- Limit alcohol and caffeine, especially later in the day

## Prioritize Sleep

- Aim for 7 to 9 hours of quality sleep
- Keep a consistent bedtime and wake time
- Wind down without screens before bed  
A calm wind-down helps you fall asleep faster.
- Keep your bedroom cool, dark, and quiet
- Avoid caffeine and heavy meals late in the evening

## Care for Your Mind

- Spend a few minutes on mindfulness or slow breathing
- Take short breaks to reset during a busy day
- Get outside for daylight and fresh air
- Make time for a hobby or something you enjoy
- Note one thing you are grateful for each day

## Connect and Reflect

- Reach out to a friend or family member
- Spend quality time with people who matter to you
- Limit excessive screen and social media time
- Review how your habits went and adjust gently

Celebrate small wins to keep yourself motivated