



THE ULTIMATE HEALTHY HABIT CHECKLIST

We all have to start somewhere.

DAILY

- Journal for 5 minutes
- Meditate for 5 minutes
- Conquer top 3 priorities
- Sleep 7 hours
- Drink: half your body weight of water in ounces
- Sweat: physical activity for at least 15 minutes
- Food: write it down or log it somewhere

WEEKLY

- Plan meals and grocery shop
- Write out a master To-Do list for the week and plug tasks into Daily Priorities accordingly
- Health check-in: take note of good things, growth areas, surprises, wins, losses, etc.
- Schedule "Thinking Time" for an hour as a Priority at least once

MONTHLY

- List travel plans and special events, like birthdays or holidays
- Choose 1-2 daily habits to work on and reward yourself when you hit your chosen streak goal
- Financial check-in: list your actual spend vs your budget and see how you can improve for next month

YEARLY

- Schedule appropriate wellness checks: blood work, OB/GYN, colonoscopies, dermatologist, dentist, chiropractor, financial planner, etc.
- Choose your overarching focus, feeling, and/or goal for the year - NOT a resolution!
- Hire health professionals as needed