

## HEALTHY DAY CHECKLIST

DATE: \_\_\_\_\_

\_\_\_\_ Wake-up early (by 6:00am)

\_\_\_\_ Drink warm water

\_\_\_\_ Exercise

\_\_\_\_ Use less TV/ electronics/ social media/ games

\_\_\_\_ Eat vegetables

\_\_\_\_ Eat fruit

\_\_\_\_ Smile ☺

\_\_\_\_ Say something nice about myself.

\_\_\_\_ Spend time with my family or people closest to me who make me happy.

\_\_\_\_ Enjoy some silent time closing my eyes and looking inward. (MEDITATE ☺).

\_\_\_\_ Go to bed early (by 10:00pm!)



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