Wellness Checklist

Use this wellness checklist to help become and stay healthy. Take it slow – gradually add healthy habits and food to your existing regime rather than going cold turkey. Always consult with your doctor before making any radical health changes.

| Daily wellness checklist |  |
| --- | --- |
| Did you... | Mon | Tue | Wed | Thu | Fri | Sat | Sun |  |
| Eat breakfast |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Eat fresh, plant-based, and whole grain foods |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Eat one green food |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Avoid sugary, processed, and refined foods |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Eat good fats: avocados, nuts, seeds, olives, coconut |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Cook with organic, virgin coconut oil, or olive oil |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Avoid deep-frying, stir-frying, and sautéing |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Drink plain coffee or tea |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Drink 7–8 glasses of water per day |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Avoid skipping meals |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Avoid alcohol |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Get at least 6–8 hours of sleep |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Get 30 minutes of moderate exercise |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Avoid continuously sitting for more than 55 minutes |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Stretch for a minimum of 5 minutes |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Walk 5,000 steps during the day |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Spend time outdoors |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Avoid continuous screen time for more than 4 hours |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |
| Practice 30 minutes of self-care e.g. take a bath, read a book |[ ] [ ] [ ] [ ] [ ] [ ] [ ]   |