

Daily Wellness Checklist

- ☐ Start your morning with protein and healthy fats
- ☐ Drink plenty of filtered water throughout the day
- ☐ Take breaks for movement and deep breathing
- ☐ Limit sugar, caffeine, and processed foods
- ☐ Prioritize 7-9 hours of quality sleep
- ☐ Engage in stress-reducing activities
- ☐ Support gut health with fiber and probiotics
- ☐ Get natural sunlight exposure daily