

Healthy Habits *Checklist*



- ☐ Set realistic goals for the month
- ☐ Journal your thoughts each morning
- ☐ Prep meals for the week ahead
- ☐ Set boundaries with your time
- ☐ Don't forget to hydrate
- ☐ Focus on balance, not perfection
- ☐ Add more greens to your meals
- ☐ Have at least one tech-free evening
- ☐ Move your body in ways you enjoy
- ☐ Tidy up your workspace
- ☐ Stretch or do yoga before bed
- ☐ Try a new recipe this month
- ☐ Eat more whole foods
- ☐ Spend more time outdoors
- ☐ Schedule time for self-care
- ☐ Limit screen time before bed
- ☐ Celebrate yourself—you're doing great!