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 | | | | | | | |  | Other wellness tips |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Did you... | Mon | Tue | Wed | Thu | Fri | Sat | Sun |  | 1. Get knowledgeable by researching nutrition and supplements. 2. Pay attention to your emotions and feelings before going to sleep each night. Keep a diary. 3. If something hurts chronically, or if something feels out of whack, your body is talking to you. Listen to it! 4. Research pressure point therapy, massage or any other form of energy medicine that you can practice on yourself, your partner, or your children. 5. Research and take up daily stress-busting daily practices such as meditation, mindfulness, and affirmations. 6. If you’re emotionally in trouble or feel lost or helpless, seek help. |
| Eat breakfast |  |  |  |  |  |  |  |  |
| Eat fresh, plant-based, and whole grain foods |  |  |  |  |  |  |  |  |
| Eat one green food |  |  |  |  |  |  |  |  |
| Eat organic, free-range chicken, fish, and game |  |  |  |  |  |  |  |  |
| Eat organic eggs and diary |  |  |  |  |  |  |  |  |
| 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 20–30 minutes of moderate exercise |  |  |  |  |  |  |  |  | wellness.png |
| Avoid continuously sitting for more than 55 minutes |  |  |  |  |  |  |  |  |
| Stretch for a minimum of 5 minutes |  |  |  |  |  |  |  |  |
| Take the stairs instead of the elevator |  |  |  |  |  |  |  |  |
| Spend time outdoors |  |  |  |  |  |  |  |  |