

# DAILY HEALTH CHECKLIST



- ☐ DRINK WATER.LOTS OF IT.
- ☐ EAT A FRUIT OR VEGGIE AT EVERY MEAL.
- ☐ WORK OF A SWEAT.
- ☐ TRY TO SLEEP 8 HOURS.
- ☐ TAKE AMOMENT TO STRETCH.
- ☐ WALK,BIKE,OR TAKE THE STAIRS.
- ☐ HAVE GOOD POSTURE.
- ☐ LAUGH AND SMILE.