

Daily Health Checklist



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