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.

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