

WELLNESS CHECKLIST



See how many you can complete this month!

DAY	ACTIVITIES	<input checked="" type="checkbox"/>
1	Mindful Morning Start your day with 10 minutes of meditation or deep breathing.	<input type="checkbox"/>
2	Hydration Check Ensure you drink at least 8 glasses of water throughout the day.	<input type="checkbox"/>
3	Gratitude Journaling Write down three things you're grateful for before bed.	<input type="checkbox"/>
4	Nature Walk Take a walk outside and appreciate the beauty of nature.	<input type="checkbox"/>
5	Healthy Recipe Day Cook a nutritious meal from scratch.	<input type="checkbox"/>
6	Digital Detox Evening Turn off all screens an hour before bedtime.	<input type="checkbox"/>
7	Stretching Session Dedicate 15 minutes to stretching your body.	<input type="checkbox"/>
8	Positive Affirmations Repeat affirmations that boost your self-esteem and confidence.	<input type="checkbox"/>
9	Learn Something New Take up a new hobby or learn a new skill.	<input type="checkbox"/>
10	Volunteer Your Time Spend some time helping others in your community.	<input type="checkbox"/>

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11	Mindful Eating Eat each meal slowly, savoring each bite, and paying attention to hunger cues.	<input type="checkbox"/>
12	Phone a Friend Reach out to someone you haven't spoken to in a while.	<input type="checkbox"/>
13	Creative Expression Engage in a creative activity like drawing, painting, or writing.	<input type="checkbox"/>
14	Yoga Practice Follow a yoga video or attend a yoga class.	<input type="checkbox"/>
15	Self-Care Spa Night Pamper yourself with a relaxing bath, face mask, and soothing music.	<input type="checkbox"/>
16	Limit Caffeine Intake Drink herbal tea instead of coffee or caffeinated beverages.	<input type="checkbox"/>
17	Digital Declutter Organize digital devices and delete unnecessary files or apps.	<input type="checkbox"/>
18	Evening Stroll Take a leisurely walk after dinner to unwind.	<input type="checkbox"/>
19	Healthy Snack Day Replace sugary snacks with fruits, nuts, or veggies.	<input type="checkbox"/>
20	Gratitude Walk During your walk, focus on things you're grateful for in your surroundings.	<input type="checkbox"/>

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21	Journal Prompts Reflect on your day with guided journaling prompts.	<input type="checkbox"/>
22	Meditative Coloring Spend time coloring in a mindfulness coloring book.	<input type="checkbox"/>
23	Spend Time in Silence Dedicate an hour to silence, free from distractions.	<input type="checkbox"/>
24	Practice Forgiveness Forgive yourself or someone else for past mistakes.	<input type="checkbox"/>
25	Body Scan Meditation Practice a body scan meditation to check in with how your body feels.	<input type="checkbox"/>
26	Plant Care Spend time tending to your indoor or outdoor plants.	<input type="checkbox"/>
27	Healthy Cooking Class Attend a virtual cooking class focused on nutritious meals.	<input type="checkbox"/>
28	Express Gratitude Write and send thank-you notes to people who have positively impacted your life.	<input type="checkbox"/>

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29	Gentle Stretching Engage in gentle stretching exercises before bed to relax your muscles.	<input type="checkbox"/>
30	Book Discussion Group Join a book club or discuss a book with friends or family.	<input type="checkbox"/>
31	Reflect and Plan Reflect on your wellness journey and set intentions for the upcoming month.	<input type="checkbox"/>

LET'S STAY CONNECTED!

VISIT OUR WEBSITE

