

WEEKLY WELLNESS CHECKLIST



- ☐ Drink 1-2 litres of pure water
- ☐ Inhale Exhale daily
- ☐ Sweat it out (30 mins daily)
- ☐ Take Probiotics
- ☐ Get more sleep
- ☐ Plan & Prep Meals
- ☐ Eat Fibre rich foods
- ☐ Get plenty of sunlight
- ☐ Mindful minutes
- ☐ Keep a journal
- ☐ Learn something new
- ☐ Be grateful
- ☐ Give compliments
- ☐ Treat your body like a temple
- ☐ Take a multivitamin
- ☐ Think positive thoughts
- ☐ Help others where possible
- ☐ Create your sacred space
- ☐ Stress-Less and Smile
- ☐ Replace caffeine with herbal tea
- ☐ Cut back the sweet treats
- ☐ Eat the rainbow
- ☐ Meditate and Relax
- ☐ Set realistic goals

NOTES