

# Comprehensive Daily Wellness Checklist

## Physical Wellness

- ☐ Drank enough water
- ☐ Ate nutritious meals
- ☐ Engaged in physical activity/exercise
- ☐ Took adequate rest/breaks
- ☐ Slept at least 7-8 hours last night

## Mental & Emotional Wellness

- ☐ Practiced mindfulness/meditation
- ☐ Reflected or journaled thoughts
- ☐ Expressed gratitude
- ☐ Connected with someone positive

## Personal Growth

- ☐ Learned or practiced a new skill
- ☐ Progressed towards a goal

## Self-Care & Relaxation

- ☐ Engaged in a hobby or leisure activity
- ☐ Spent time outdoors/fresh air
- ☐ Did something for self-care

## Notes & Reflections

Write notes or reflections here...