

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...