

Personal Wellness Routine Checklist

Morning

- Wake up at a set time
- Drink a glass of water
- 5-minute stretching
- Short meditation or breathing exercise
- Review daily goals

Day

- Eat balanced meals
- Physical activity/walk
- Take short screen breaks
- Stay hydrated
- Practice gratitude

Evening

- Unplug from devices 1 hour before sleep
- Write in journal/reflect on the day
- Evening personal hygiene routine
- Read or listen to calming music
- Go to bed at a consistent time