

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