

Checklist

PHYSICAL HEALTH

- ☐ Drink 6-8 cups of water daily
- ☐ Create Healthy Meal Plan
- ☐ Eat 5-10 servings of fruits and veg daily
- ☐ Exercise/move body 150 mins per week
- ☐ Take vitamins and medications daily
- ☐ Sleep 6-8 hrs per day
- ☐ Work hard, rest well

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