

Personalized Wellness Checklist

Simple habits that actually fit your life ■

- Notice what gives you energy vs. what drains you
- Prioritize sleep (consistency over perfection)
- Choose movement you enjoy
- Pay attention to how foods make you feel
- Track 1–2 simple things (sleep, steps, mood)
- Adjust based on what's working
- Add one stress-relief habit
- Drink more water throughout the day
- Find a support system
- Focus on small, sustainable changes
- Check in with your routine weekly
- Give yourself flexibility (no all-or-nothing)

Tip: Start with just 2–3 habits and build from there ■