

Daily Tasks

Nutrition

- ◇ 6-10 glasses of water
- ◇ 5 servings of fruits & veggies
- ◇ 2 servings of healthy proteins (fish, poultry, eggs, beans, etc.)
- ◇ Multivitamin or supplement

Hygiene

- ◇ Brushed
- ◇ Flossed!
- ◇ Skin Clean & moisturized
- ◇ Hair & Nails Clean & Attractive

Lifestyle

- ◇ Exercise: _____ (activity and duration)
- ◇ Dressed in a way I am proud of
- ◇ Shoes comfortable & supportive
- ◇ Got a full night's sleep

Spirit

- ◇ Reduced or avoided stress today: _____ (how?)
- ◇ Renewed my spirit today: _____ (how?)
- ◇ Did something for someone else: _____ (what?)
- ◇ Thought about my long-term goals

General Reminders

Protect your back when lifting
~ Avoid excessive sun ~ Don't
smoke ~ Don't strain your
eyes in bad light or by using
incorrect glasses ~ Smile and
laugh often ~ Don't do any-
thing in excess ~ Get yearly
checkups ~ Wash your hands
frequently to prevent infec-
tion ~ Get six-month dental
cleaning ~ Pray about every-
thing throughout the day ~
Enjoy life