

HEALTHY LIFESTYLE WEEKLY CHECKLIST

Print this off to track your commitment to a healthy lifestyle which includes consistent habits that promote personal wellbeing and fulfillment in all domains of life and that proactively reduce the risk of illness, pain, or hardship.

Read about
11 Healthy Tips to Transform Your Life(style)



	MON	TUE	WED	THU	FRI	SAT	SUN
Weigh in							
Eat healthy							
Move often							
Don't smoke							
Limit alcohol							
Drink water							
Do work							
Practice mindfulness							
Laugh							
Clean							
Learn something							