**Daily Wellness Checklist**

These may seem simple, but they are several of the most important recommendations. Rest, recovery and hydration are among the most neglected daily practices. Restorative practices support your sleep health and mental health, and even help you to prepare for a successful workout.

It’s important to stay consistent with these habits. Find ways to keep yourself accountable when you get started. Once you begin to feel the benefits, you will not want to give them up.

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| **Hydrate**  Drink\_\_\_\_ounces of water per day. | * Fill your water bottle \_\_\_\_ times throughout the day. * Drink 8 ounces of water first thing in the morning before any meals or warm beverages. * Drink 8 ounces of water before bed |
| **Sleep (seriously, it’s important)**  Get at least 8 hours of sleep daily. | * Set a bedtime and try to stick to it all week.   + Goal bedtime: \_\_\_\_\_\_\_ * Turn off all electronics 1 hour before bedtime. * Read, journal, or meditate to help relax your mind. * Eliminate disruptions. Block light from outside and use a white noise machine if necessary. * Set the temperature to around 67°F. |
| **Stretch**  Add 10 minutes of light stretching to your evening routine. | * Pick 5 stretches and hold each stretch for 20–30 seconds. Repeat each stretch until you reach 10 minutes. |
| **Breathe Deep**  That’s it. | * Find time to relax and take a few deep breaths while you are on your way to work, eating a meal, or getting ready for bed. |