

HEALTHY HABITS CHECKLIST

- Drinking plenty of water daily
- Focusing on whole, unprocessed foods
- Seeing food as fuel, not an emotional crutch
- Moving daily
- Speaking kindly to myself
- Sleeping at least 7 hours a night
- Managing stress using techniques I've learned
- Making time for myself and not feeling guilty
- Having social interactions
- Focusing on "CAN", not "can't"
- Getting regular check-ups and exams