My weekly wellness checklist

PreppingForHealth.ca
HEALTHIER TODAY. STRONGER TOMORROW.

Week of: _____

Habit (add your own in the blank rows)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink water with each meal	☐	☐	☐	☐	☐	☐	☐
Vegetables or fruit at most meals	☐	☐	☐	☐	☐	☐	☐
20+ minutes of activity	☐	☐	☐	☐	☐	☐	☐
Strength activity (aim for 2 days)	☐	☐	☐	☐	☐	☐	☐
Break up long periods of sitting	☐	☐	☐	☐	☐	☐	☐
Wind down and keep a regular bedtime	☐	☐	☐	☐	☐	☐	☐
Connect with someone	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

What went well this week?

What will I adjust next week?

For general education only — not medical advice. Talk to a health professional about your own health. Activity and sleep ideas are based on the Canadian 24-Hour Movement Guidelines (csepguidelines.ca); eating ideas on Canada's food guide. More at preppingforhealth.ca