

5 Daily Habits: Health And Well-being

Nutrition

- ☐ Meal plan for a healthier diet.
- ☐ Limit sugar and processed foods.
- ☐ Eat more fruits and vegetables.
- ☐ Keep a food journal.

Mobility

- ☐ Sit up straight to improve blood flow and energy to all parts of your body.
- ☐ Walk more and ride less.
- ☐ Develop achievable goals for daily exercise.
- ☐ Get outdoors.

Sleep

- ☐ Allow for 7-9 hours of sleep each night.
- ☐ Avoid caffeine/media/electronics(blue light) before bedtime.
- ☐ Develop and follow the same routine.
- ☐ End your day by unwinding through Scripture meditation and prayer.

Hydration

- ☐ Drink a glass of water first thing in the morning.
- ☐ Drink at least eight 8-ounce glasses of water each day.
- ☐ Carry a water bottle with you.
- ☐ Take water breaks during your daily routine.

Reflection

- ☐ Set goals specific to your health and well-being.
- ☐ Journal your daily progress of health and well-being.
- ☐ Take a 15 minute “pause” everyday for reflection and prayer.
- ☐ Practice deep breathing. Inhale for a count of five, hold it for a count of five, and exhale for a count of five.

We have included four general tips for each of the 5 daily habits to health and well-being. Feel free to add your own or to adjust these tips as needed.

Additional Tips:

- ☐ Unplug from media and electronics.
- ☐ Spend time with friends and family.
- ☐ Do something you love.
- ☐ Volunteer and serve in your church and community.