

# DAILY ROUTINE CHECKLIST

- ☐ Wake up around the same time every day.
- ☐ Brush teeth in the morning and evening.
- ☐ Wash face in the morning and evening.
- ☐ Take medications.
- ☐ Shower regularly.
- ☐ Be good to loved ones and pets.
- ☐ Move your body regularly.
- ☐ Eat a vegetable every day.
- ☐ Drink lots of water.
- ☐ Talk to a friend on the phone.
- ☐ Cross one item off your to-do list.
- ☐ Say aloud one thing you are grateful for.