

20-DAY WELLNESS CHECKLIST

Use this checklist to build healthy habits by starting with one habit each day and adding the next habit the following day. After 20 days, you will have created a wellness routine that uplifts your body, soul and spirit.

DAY	ACTION	DONE
01	Enjoy a healthy breakfast	<input type="checkbox"/>
02	Take a 30-minute walk	<input type="checkbox"/>
03	Meditate for 15 minutes	<input type="checkbox"/>
04	Read a book for 30 minutes	<input type="checkbox"/>
05	Write down 3 things you're grateful for	<input type="checkbox"/>
06	Spend 30 minutes outdoors	<input type="checkbox"/>
07	Stretch for 15 minutes	<input type="checkbox"/>
08	Drink 8 glasses of water	<input type="checkbox"/>
09	Create a relaxing bedtime routine	<input type="checkbox"/>
10	Listen to calming music	<input type="checkbox"/>
11	Declutter your living space	<input type="checkbox"/>
12	Cook a healthy meal	<input type="checkbox"/>
13	Treat yourself to a relaxing bath or shower	<input type="checkbox"/>
14	Set goals for the week ahead	<input type="checkbox"/>
15	Practice deep breathing	<input type="checkbox"/>
16	Write in a journal	<input type="checkbox"/>
17	Spend 30 minutes in nature	<input type="checkbox"/>
18	Listen to a podcast or inspirational talk	<input type="checkbox"/>
19	Practice yoga or exercise	<input type="checkbox"/>
20	Compliment yourself	<input type="checkbox"/>