

DAILY HEALTH HABITS CHECKLIST

DAY:

EAT AND DRINK NUTRITIOUSLY

Checks: _____

- Eat three or more servings of vegetables
- Don't drink beverages with added sugar (soda, energy drinks, etc.)
- Drink eight glasses or more of water
- Sit down and focus on your food when eating. Don't eat when driving, walking, or doing other activities
- Eat fruit, nuts, or vegetables as snacks rather than processed food (chips, candy bars, cookies, etc.)
- Eat breakfast within two hours of waking up
- Prepare one meal from fresh foods
- Don't add sugar, honey, or other sweeteners to your food and drinks

MOVE AND EXERCISE

Checks: _____

- Move for at least 60 minutes each day, even if this is just walking or doing chores
- Do moderate exercise (something that gets your heart-rate up like shooting hoops, riding a bike, skating, etc.) 30 minutes a day
- Get up from sitting one to two hours to move and stretch
- Spend two or more hours outside

MAINTAIN HEALTHY RELATIONSHIPS

Checks: _____

- Meet in-person with a good friend
- Call a friend or family member to see how they are
- Eat your meals with other people, not alone
- Meet up in-person with a group you enjoy (4-H, sports club, youth group, etc.)
- Talk to an adult who cares about you whose advice you trust

GET ENOUGH SLEEP

Checks: _____

- Sleep between seven and ten hours a night
- Go to bed at a regular time/same time each night
- Stop using electronics (phone, computer, TV, etc.) 30 minutes before getting into bed at night
- Turn off your phone before you go to bed
- Take a nap during the day if you feel so sleepy that you are starting to nod off