

Healthy Living Checklist

Print a fresh copy at the beginning of each week to help you stay on track with your healthy eating, living, and self-care goals.



FRANCES LARGE MAN-ROTH

WATER

Drink 8 Glasses

FRUIT

Eat 3 Servings

VEGGIES

Eat 4 Servings

EXERCISE

Move for 30 Minutes

SELF-CARE*

Take 1 Break for Yourself

FUN BREAK

Do Something Fun & Not Work-Related

MON.



TUES.



WED.



THURS.



FRI.



SAT.



SUN.



WEEKLY REFLECTION

How are you feeling after this week? Any major wins or learning experiences to carry into next week?