

WEEKLY HEALTH CHALLENGE!

How to Get The Most Out of Your *Healthy Habits Checklist*

PRINT AND POST IT

Print the checklist and hang it somewhere you'll see it daily—like on your refrigerator, bathroom mirror, or desk.

CONQUER THE DAILY FOCUS:

Each day of the week has a specific theme and corresponding list of challenges:
*For the themed day, try to complete three to five of the listed activities. Check the box next to the activities you complete. The goal is consistency, not perfection!

FOCUS ON EVERYDAY HABITS:

Look at the top section first. These six items are habits you should aim to do every single day (Sunday through Saturday). Put a check in the box for each day you complete an item.
Example: Did you "Sleep 7+ hours" on Monday? Check the box under 'M' for that item.

TRACK YOUR SUCCESS:

At the end of the week, review your checklist. Notice which habits were easy to keep up with and which were challenging. This awareness is the first step toward lasting change!



SAFETY AND LIABILITY DISCLAIMER

Please Read Carefully: The FitnessWise Weekly Health Checklist Challenge is for informational purposes only. It is intended to offer suggestions for promoting general wellness and improving your healthy habits.

Health and Medical Guidance

- **Always Consult a Physician:** Before starting any new exercise program, nutrition plan, or making significant lifestyle changes, you must consult with your physician or another qualified healthcare provider, especially if you have any pre-existing health conditions, injuries, or concerns.
- **Listen to Your Body:** Do not disregard professional medical advice or delay seeking it because of something you have read in this document. If you experience pain, dizziness, shortness of breath, or any other discomfort while performing any of the activities listed, stop immediately and seek medical attention.
- **Not Medical Advice:** The information provided in this checklist is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

ASSUMPTION OF RISK AND LIABILITY

- **Assumption of Risk:** By choosing to participate in the activities and challenges suggested in this checklist, you acknowledge that you are voluntarily engaging in these activities and are doing so at your own risk. You are solely responsible for your actions and well-being.
- **Waiver of Liability:** FitnessWise, its representatives, agents, and employees shall not be liable for any physical or mental injury, illness, damage, or loss of any kind that may result from or in connection with your use of this Weekly Health Checklist, whether directly or indirectly. You fully and forever waive and release any and all claims, demands, and causes of action against FitnessWise.



Weekly Health Checklist

EVERYDAY

S M T W T F S

- Finish eating by 9pm

- Sleep 7+ hours

- Drink an extra glass of water

- No screen time 30 mins before bed

- Increase steps from previous day

- Check in with posture 3X

MINDFULNESS MONDAY

- 10 mins of mindful walking
- 6 mins of stretching
- AM or PM Meditation
- 30 secs deep belly breathing
- Spend 5+ mins outside

TASTY TUESDAY

- Eat a protein rich breakfast
- Meal prep a healthy lunch
- Replace a sugary drink w/water
- Eat fruit instead of a dessert
- Add an extra veggie to dinner

WELLNESS WEDNESDAY

- Stretch first thing in the morning
- 2 min walking break every hour
- Macronutrient balanced lunch
- Drink 1+ glasses of water w/lemon
- Eat 3+ servings of vegetables

TONED THURSDAY

- 10 chair dips
- 10 min stretch
- March in place while watching TV
- 12-15 squats
- 10 push-ups or lunges (each leg)

FEEL GOOD FRIDAY

- YouTube beginners' Yoga video
- Rainbow plate (4+ colors)
- Take stairs instead of elevator
- 1 song dance break mid day
- 10 min barefoot walk

SELF-CARE SAT & SUN

- Choose your favorite workout
- Take a relaxing bath
- Sleep in or take a mid day nap
- Limit screen time from routine
- 10 mins of meditation

Get your FREE Consultation



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