

DAILY WHOLE BODY RESET CHECKLIST

Build small daily habits that support long-term health.

MORNING

- ☐ Drink a glass of water before anything else.
- ☐ Spend a few quiet moments in prayer, Scripture, or gratitude.
- ☐ Step outside and get natural morning light.
- ☐ Eat a nourishing breakfast if you're hungry.
- ☐ Take a few minutes to stretch or move your body.

THROUGHOUT THE DAY

- ☐ Eat whole, minimally processed foods.
- ☐ Include protein with each meal.
- ☐ Eat several servings of vegetables.
- ☐ Drink plenty of water.
- ☐ Spend at least 15 minutes outdoors.
- ☐ Move your body throughout the day.
- ☐ Take a few deep breaths and pause when stress builds.
- ☐ Read ingredient labels before purchasing packaged foods.

EVENING

- ☐ Eat dinner at least 2–3 hours before bed.
- ☐ Reduce screen time during the last hour before bed.
- ☐ Reflect on one thing you noticed about your health today.
- ☐ Prepare one thing that will make tomorrow easier.
- ☐ Aim for 7–9 hours of restful sleep.

TODAY I NOTICED. _____

TOMORROW I WANT TO IMPROVE.. _____

Remember

Healthy living isn't built in a day. It's built through the small choices we make every day.



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