



DAILY CHECKLIST

WEEK 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Water Intake							
Hours of sleep							
Daily Steps/ Walk Length							
Workout Session							
Stress Relief Activity							
Txt a friend/family member							

WEEK 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2 Litres of water							
7-8 hours sleep							
Daily Steps/Walk Target							
Workout Session							
Stress Relief Activity							
Txt a friend/family member							



WEEK 3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2 Litres of water							
7-8 hours sleep							
Daily Steps/Walk Target							
Workout Session							
Stress Relief Activity							
Txt a friend/family member							

WEEK 4

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2 Litres of water							
7-8 hours sleep							
Daily Steps/Walk Target							
Workout Session							
Stress Relief Activity							
Txt a friend/family member							