



THE DAILY TO-DO(N'T)

Inspiration for staying healthy and committed to the 7 Daily Habits when everything else seems uncertain.



NUTRITION

- Plan your meals
- Limit sugar intake
- Be creative with leftovers
- Don't mindlessly snack
- Don't panic eat
- Don't waste food



EXERCISE

- Plan short exercise breaks
- Find online resources
- Workout with roomies
- Don't binge TV
- Don't make excuses
- Don't overthink it



MOBILITY

- Stretch for 5 mins 4x/day
- Do yoga
- Stretch while streaming
- Don't be a couch potato
- Don't sit for hours at desk
- Don't ignore posture



SLEEP

- Set a bedtime alarm
- Read before bed
- Prioritize rest
- Don't watch next episode
- Don't aimlessly scroll in bed
- Don't press snooze



HYDRATION

- Drink a glass upon waking
- Have a glass with every meal
- Keep your glass full
- Don't over-caffeinate
- Don't overdo alcohol
- Don't drink soda



WELL-BEING

- Play a game
- Take 5 slow, deep breaths
- Say what you're grateful for
- Don't panic
- Don't disconnect from tribe
- Don't neglect self-care



REFLECTION

- Create a workable schedule
- Practice self-compassion
- Focus on what you can control
- Don't drown in fear
- Don't dwell on negatives
- Don't hide your feelings