

Nfit By Nat's Daily Healthy Habits Checklist



Daily -

- ☐ Wake up before the chaos
- ☐ Hydrate : 1 glass of water first thing
- ☐ Move Your Body (Walk, Workout)
- ☐ Eat a Protein Rich Breakfast
- ☐ Take Your Supplements (as needed)
- ☐ Include a Veggie at lunch or dinner
- ☐ Do one thing just for you

Monthly -

- ☐ Set 1 Wellness Goal (Fitness, nutrition)
- ☐ Refresh Grocery Staples
- ☐ Schedule Workouts for the month
- ☐ Try a new recipe
- ☐ Declutter One Thing
- ☐ Spend more time outdoors
- ☐ Reset Your Sleep Routine - (consistent bedtime + wind down)