



WELLNESS CHECKLIST

**8 HOURS OF
SLEEP**

**10 MINUTES OF
MEDITATION**

**2 LITERS OF
WATER**

**RANDOM ACT
OF KINDNESS**

**5 SERVINGS
OF FRUITS**

**PAY A
COMPLIMENT**

**5 SERVINGS
OF VEGETABLES**

**CONNECT WITH
A LOVED ONE**

**30 MINUTES
OF EXERCISE**

**LEARN ABOUT
SOMETHING NEW**

**STRETCH YOUR
BODY**

**SPEND TIME
IN NATURE**

**20 MINUTES
OF SUNSHINE**

**DO YOUR
VERY BEST!**





WELLNESS TRACKER

SLEEP

WATER

FOOD

ELIMINATION

EXERCISE

MOOD





keep it raw & real



**IF YOU WANT
TO CHANGE
YOUR LIFE,
CHANGE YOUR
DAILY HABITS**

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