



Pillars of Health

CHECKLIST



Relaxation

- Fifteen minutes of me-time each day
- Weekly screen-free “Sabbath”
- Keep a gratitude journal
- A daily practice of stillness
- Eat one meal per day around a table without an e-device



Eat

- De-normalize sugar (and retrain your taste buds)
- Eat five different vegetables every day
- Eat your food within a twelve-hour window
- Drink eight glasses of water a day
- Un-process your diet by avoiding food products with more than five ingredients



Move

- Walk 10,000 steps a day
- Twice a week, do a form of strength training
- Twice a week, do a form of high-intensity interval training
- Daily movement snacks
- Daily glute exercises to help wake them up



Sleep

- Create an environment of absolute darkness
- Spend 20 minutes outside every morning
- Create a bedtime routine
- Manage your commotion
- Enjoy caffeine before noon