

Healthy Habit Checklist for Adults

Personal details		
Name:		Age:
Gender:		Occupation:
Primary health goals:	Chronic conditions (if any):	Allergies / food restrictions:



Daily healthy habit tracker							
Check off the habits each day you complete them. Use the extra spaces below if you need to add more to the list.							
Habit	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Woke up at a consistent time							
Slept at least 7–9 hours							
Ate a nourishing breakfast							
Drank at least 8 cups of water							
Ate adequate servings of fruits and vegetables							
Limited added sugar or junk food							
Took vitamins or medications							

Habit	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Moved body for at least 30 minutes							
Took breaks from screen every 90 minutes							
Practiced gratitude or reflection							
Took 5 or more deep breaths to reset stress							
Connected with someone socially							
Avoided excessive social media use							
Had a moment of joy or laughter							
Wound down screen-free before bed							
Weekly wellness focus areas							
Check off or write reflections.							
Physical health:							
Booked or attended a preventive appointment (if applicable)							
Completed strength or resistance training at least 2 times this week							
Tried a new type of movement:							
Cooked a healthy meal from scratch:							
Limited alcohol or caffeine and felt energized							
Mental and emotional health:							
Practiced mindfulness, meditation, or journaling							
Rated my mental health this week (1–10):							
Took a break when overwhelmed							
Said something kind to myself							
Took time away from screens to clear my mind							
Social and purposeful living:							
Reached out to someone for connection							
Spent time with a supportive friend or family member							
Volunteered or helped someone							
Acted in alignment with my values or goals							
Celebrated a small personal win:							

Financial wellness:
Reviewed weekly expenses or bank account activity
Paid a bill or scheduled an upcoming payment
Transferred money to savings or investment account
Made a mindful, non-impulsive financial decision
Reflected on financial goals or priorities
Avoided unnecessary spending or subscriptions
Tracked one money win this week:
Self-reflection
1. What habits felt most nourishing?
2. What challenges came up with consistency?
3. What do I want to focus on next month?