

DAILY WELLNESS CHALLENGE CHECKLIST

Slept at least 8 consecutive hours during the night	Ate at least one serving of a quality animal protein (eggs, beef, poultry, fish, lamb, pork)	Ate at least one serving from the orange list	Ate vegetables with 2 or more meals
Tried a new food	Ate 2 or more mostly home-cooked meals	Ate at least one serving from the red list	Ate at least one serving of a plant-based protein (lentils, beans, hemp seeds, chia seeds, quinoa, nuts, seeds)
No prescription or OTC medication use	Played outdoors for at least 20 minutes	Ate at least one serving from the yellow list	Average behavior/mood for the day was at least a 3 on a scale of 1 to 5 (1 being poor and 5 being angelic)
No complaints of unwellness (headache, stomach ache, diarrhea, itchy skin, constipation, etc.)	Drank only water with snacks and meals	Ate at least one serving from the blue/purple list	Had at least one BM that was well-formed (not painful, don't clog the toilet, and don't make the entire house smell)
Energy was at least a 3 on a scale of 1 to 5 (1 being poor and 5 being optimal)	Avoided artificial colors and flavors from processed foods and candy	Avoided refined sugars	Allowed a new food on the plate (more advanced would be: touched it, smelled it, licked it)

Points Earned Today (20 points possible, you can award ½ points):

M _____ T _____ W _____ TH _____ F _____ SA _____ SU _____

Note: You can print one of these for the week and just use light pencil marks to track your points and erase at the end of the day. Another option is to post on a corkboard and keep track of points with push pins. Or you can just print one for each day of the week. Feel free to replace some of these items with your own (screentime, woke up happy and rested, napped, 1 serving of fermented foods, laughed at the dinner table, etc).