



### Task

- Do a 30-minute breathing and stretching routine
- Get off social media for a day
- Get a manicure, pedicure
- Give the family car a wash
- Buy fresh produce, fish, meat for a healthy meal plan
- Groom my pet
- Do the laundry
- Engage in Mindfulness exercise or yoga session
- Rearrange and de-clutter my study/work area
- Call or message a friend or relative
- Change the bed sheets
- Watch a series/movie/documentary on Netflix
- Play video games with my siblings
- Do a 40-minute walk/jog around the block
- Treat yourself to a favorite comfort food



**SUN MON TUE WED THU FRI SAT**

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*Checklist*