

Health Habits Checklist

Which areas do I need to take care of my body each day?

Track your progress in building healthy habits daily using this checklist. If you experience a headache/migraine, use this a guideline for instant relief and/or prevention. This can also help give you and your doctor clues on your overall health.

Check each box that applies to you today, _____:

- Drink 8 cups of water (or even drink 1-2 cups more than usual!)
- Eat at least 2-3 square meals
- Sleep at least 6-8 hours the night before
- Drink less than 2 cups of coffee/caffeine
- Avoid foods/drinks with artificial sweeteners
- Do at least 1 thing that helps with stress management
- Sit for less than 1 hour at a time (if applicable)
- Spend 30 minutes - 1 hour outdoors, breathe fresh air
- Clean my environment (ie. office space, bedroom, etc.)
- Avoid chemical-based fragrance diffusers or air fresheners
- Avoid wearing tight-collared clothes that constrict breathing
- Spend 20 minutes stretching
- Computer and mouse are at a 90 degree angle with my torso
- Keep upright position/look straight ahead when using phone
- Consumed enough vital nutrients / less sodium
- Avoid staring at bright screen for longer than 8+ hours total
- Keep alcohol consumption to less than 3x per week
- Sleep at an reasonable hour
- Avoid maintaining 1 position or turning in one direction for too long

MORE TO CONSIDER: Did the headache/migraine start before or after a meal? Is the headache/migraine worse in the morning or at night? Is the headache/migraine worse during menstrual cycle? Do you have any allergies or sinus issues?

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