

Daily Mental Health Checklist.



www.renewedic.com

- ✓ — Get 7-9 hours of sleep per day
- ✓ — Eat healthy (real whole foods)
- ✓ — Take recommended supplements
- ✓ — Stay hydrated throughout the day
- ✓ — Connect w/family & friends
- ✓ — Exercise 30 minutes a day
- ✓ — Spend time in prayer & nature

