

✓ Daily Health Checklist

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Book: *The Movement, Nutrition and Sleep Blueprint*

- Drink 2–3 liters of water
- Eat 30–50g of fiber
- Consume at least 5 different plant foods
- Move for 30–60 minutes
- Breathe deeply for 2–5 minutes
- Get 7–9 hours of quality sleep
- Avoid processed sugar and trans fats
- Limit screen time 1 hour before bed
- Practice gratitude (3 things daily)

Meal Planning for Gut Health

- Breakfast: Green smoothie with kale, flaxseeds, banana, and oat milk
- Snack: Apple slices with almond butter
- Lunch: Quinoa bowl with roasted veggies, chickpeas, and tahini
- Snack: Handful of walnuts and blueberries
- Dinner: Stir-fried tofu with broccoli, garlic, ginger, and brown rice
- Bonus: Drink green or white tea, cold steeped with lemon

Breath & Movement Routines

- Morning: 5-minute deep breathing (4-4-4-4 box breathing)
- Midday: 10-minute walk or stretching break
- Evening: 10-minute yoga flow or foam rolling
- Bedtime: 5-minute breathwork (inhale 4s, exhale 8s) + gratitude journaling

Journal Prompts for Mental Wellness

- What gave me energy today?
- What drained my energy?
- What am I grateful for right now?
- What is one small step I can take toward a healthier life tomorrow?
- How did I nourish my body and mind today?
- What emotions did I feel most today? Why?