


WORK-FROM-HOME
meets
WELLNESS-FROM HOME

DAILY CHECKLIST

TRY TO COMPLETE AT LEAST 6 OF THESE A DAY

 Great for morning,
lunchtime, or evening
routine

No snacking unless you're hungry! Be mindful or mindless/bored snacking 😊

No phone/electronics for 1+ hour

 Sit somewhere quiet, take 10 deep slow breaths to reset. (other meditation/yoga counts too!)

Drink ½ your body weight in oz of water

Kitchen closed at 8PM (water/tea ok)

Read a book

Support a local business

Complete one of the daily work outs from this deck

 Go outside for 15+ minutes

Reach out to a coworker or friend and share something funny or positive that happened today

Give veggies (and/or fruits) the biggest market-share on your plate for at least 2 - 3 meals/day

30+ minute workout (only counts if you break a sweat!)

5-MINUTE WORKOUT

Listen to: [5 Minute Workout](#)

20 Squats

20 Push-ups

20 Lunges (10 each side)

20 Sit-ups

Hold a plank for 30 seconds (on your hands or forearms)

30 Jumping Jacks

10-MINUTE WORKOUT

Listen to: [10 min Workout](#)

50 Jumping Jacks

50 Squats

Plank hold 30 seconds (do this 2x, 10 sec recovery)

Pushup pyramid: 25, 15, 10, 5

30 Lunges (15 each side)

Sit-up pyramid: 25, 20, 15, 10, 5

20-MINUTE WORKOUT

Listen to: [20 min Workout](#)

*Do each exercise for 1 minute. Complete 4 rounds!

Squat to overhead press

*add weights (or jars, wine bottles) for more of a challenge

Plank hold with alternating shoulder taps

Bicycle crunches

Mountain Climbers

Wall Sit