



JUSTFIT Lifestyle Checklist!

REPEAT FOR 75-DAYS

GO FOR A WALK

Set a goal. 7,000–10,000 steps is a great start. The idea is to get up and move when you have time throughout the day! Setting a morning and afternoon routine can help.

EAT A PLANT-BASED MEAL

Enjoy at least one vegan meal per day. Fill your plate with greens, colors, and plant-based proteins like tofu, beans, or pea protein powder.

GET FRESH AIR AND SUN

Lighten up your mood by stepping outside and soaking in some rays and fresh air. For those with busy schedules, pair with play and meditation.

SLEEP

Form a bedtime ritual such as drink tea, read, or meditating to help prepare your mind for sleep. Get up around the same time each day and aim for 7 to 8 hours of sleep.

MEDITATE

Take time away from electronics. Sit silently or listen to a guided meditation. Focus on breathing and let the stresses of the day float away. Try for 5-20 minutes a day.

FIND YOUR PLAY

Play is good for the soul. Find a way to be active with friends, family, and pets. Immerse yourself in a physical activity that stimulates your brain, heart, and body.

HYDRATE

Stay balanced and energized. Drink half your body weight in ounces of water per day and eat water rich foods like fruits and vegetables.

xx *Justine*

