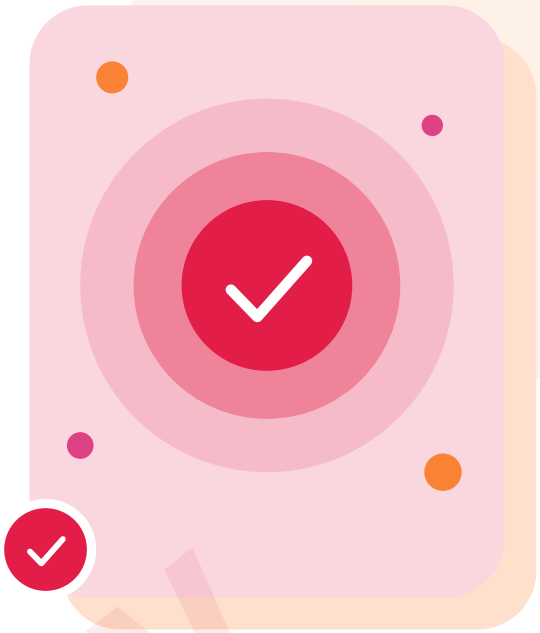
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Sunlight and Fresh Air

Spending time outdoors boosts mood, immunity, and overall health. Use this checklist to incorporate sunlight and fresh air into your daily life.

10 steps | Print-ready A4



NAME _____ START _____ TARGET DATE _____

1 **Take Morning Walks**

Step outside for 10-15 minutes in the morning to soak up sunlight and energize your day.

TIP *Combine your walk with mindfulness practice, like observing nature or deep breathing.*

2 **Eat Meals Outdoors**

Have lunch or snacks in your garden, balcony, or a park to enjoy fresh air with your meals.

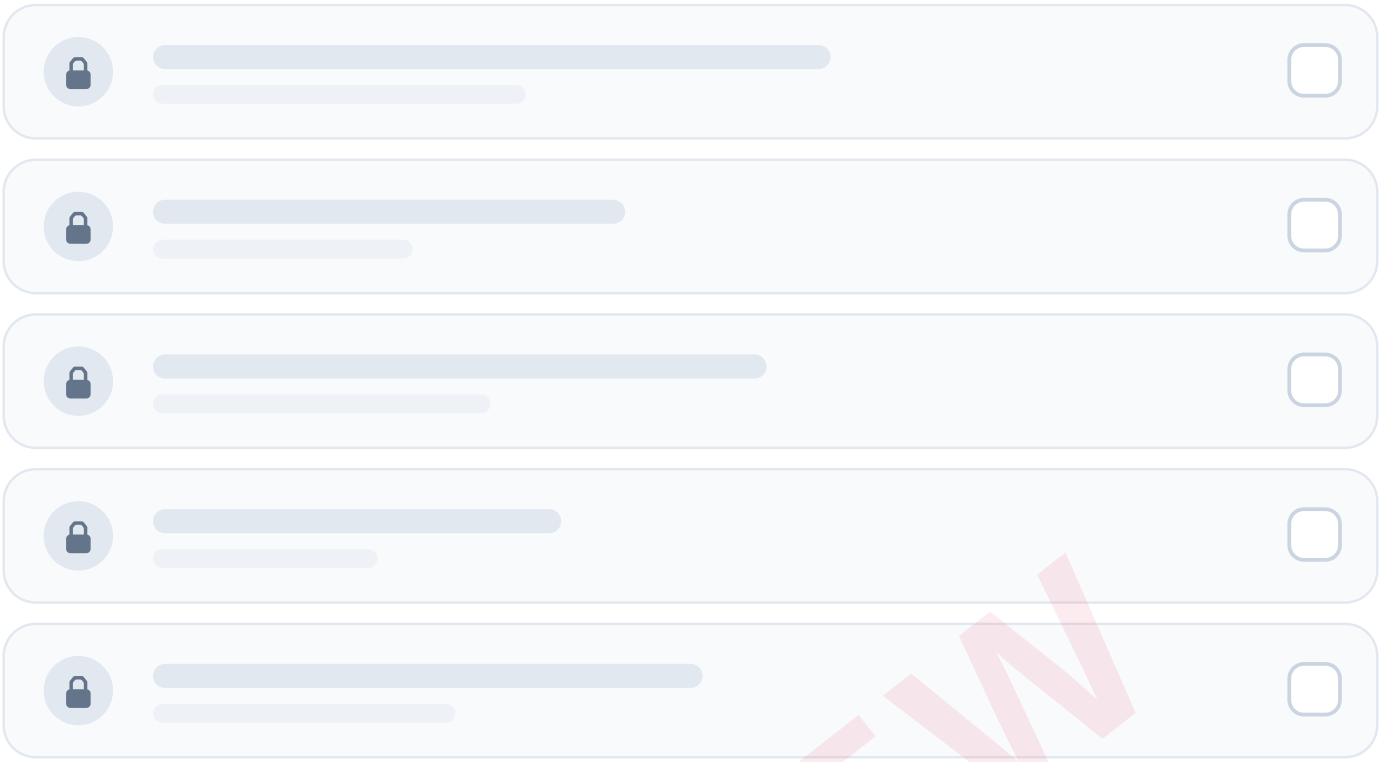
TIP *Use this time to disconnect from screens and focus on your surroundings.*

3 **Exercise Outside**

Swap indoor workouts for outdoor runs, cycling, or yoga to maximize your exposure to fresh air.

TIP *Choose scenic routes or parks to make your exercise more enjoyable and refreshing.*

PREVIEW



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PREVIEW