WOMEN'S WELLNESS
Quick Checklist

Small habits add up over time. Use this checklist to notice what's already working and choose one or two simple areas to focus on this week.

NOURISH YOUR BODY

- □ Eat fruits and vegetables most days.
- □ Choose whole grains when possible.
- □ Include a source of protein with meals or snacks.
- □ Drink water regularly throughout the day.

PHYSICAL ACTIVITY & REST

- □ Move your body in a way that feels manageable and supportive.
- □ Aim for regular physical activity throughout the week.
- □ Try to get enough rest and aim for 7–9 hours of sleep when possible.

MIND AND CONNECTION

- □ Spend time with supportive friends, family, or community.
- □ Practice a stress-management activity.
- □ Notice when you may need support and reach out when needed.

PREVENTIVE CARE

- □ Schedule routine healthcare checkups and screenings.
- □ Talk with a healthcare provider about changing needs during life stages.
- □ Ask questions about symptoms, concerns, or health changes instead of waiting until they feel urgent.

Wellness does not have to happen all at once. Small, steady steps can support your health over time.

COMPASSION COHERENCE