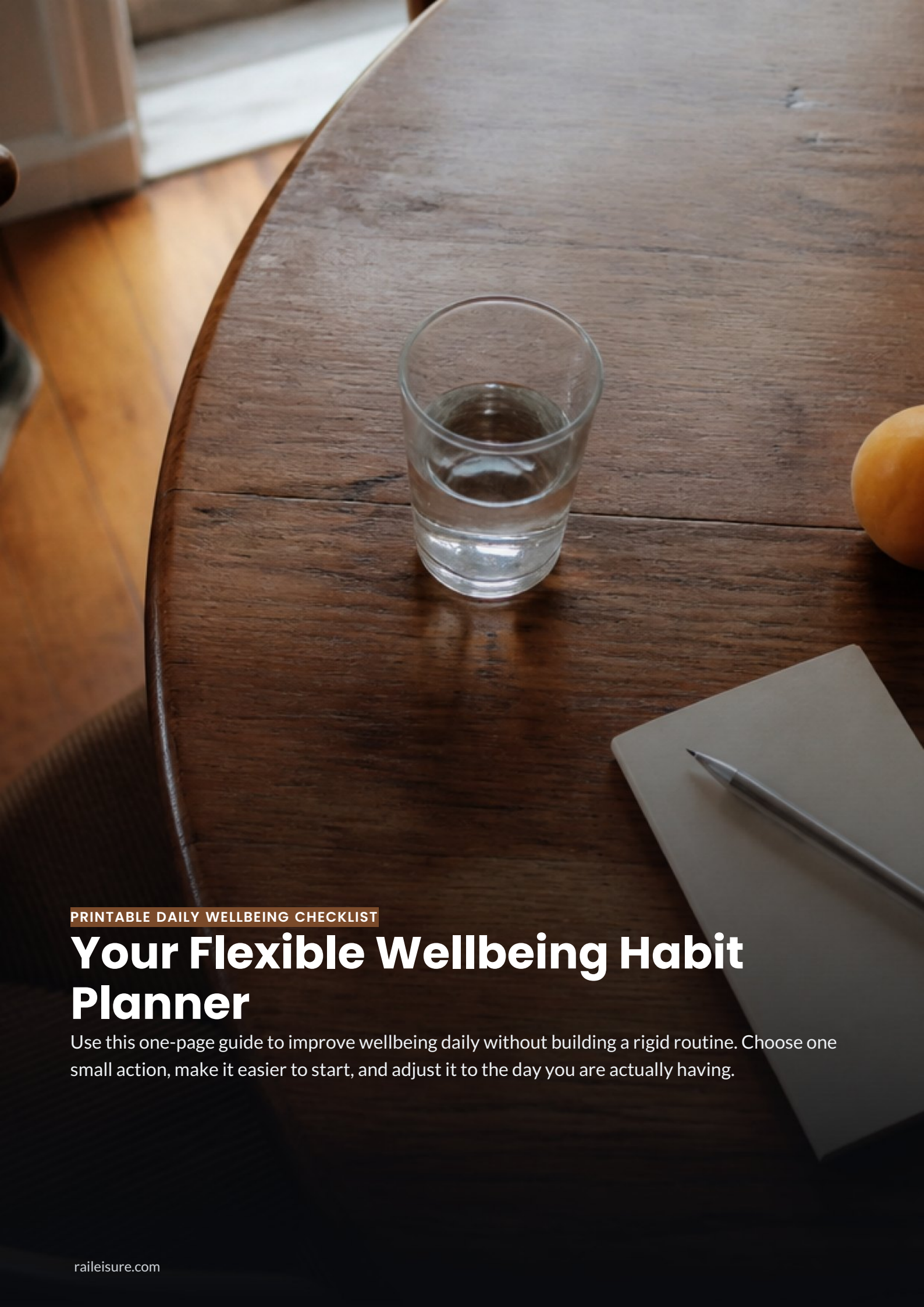


A high-angle, close-up photograph of a rustic wooden table. In the center, a clear glass is partially filled with water. To the right, a whole orange sits on the table. Below the orange, a light-colored notepad with a silver pen resting on it is visible. The background is softly blurred, showing a wooden floor and a white baseboard.

PRINTABLE DAILY WELLBEING CHECKLIST

Your Flexible Wellbeing Habit Planner

Use this one-page guide to improve wellbeing daily without building a rigid routine. Choose one small action, make it easier to start, and adjust it to the day you are actually having.

Au sommaire

- 1 Choose one realistic action
- 2 Turn the action into a sustainable habit
- 3 Make today's plan fit real life
- 4 Keep the right perspective

i Start here

Wellbeing includes physical, mental, emotional, and social health. You do not need to feel happy, calm, or productive all the time—aim for small actions that support coping and recovery.

WHICH FITNESS APPROACH IS RIGHT FOR YOU?

COMPARE 3 POPULAR PATHS TO BUILD A STRONGER, HEALTHIER YOU

There's no one-size-fits-all when it comes to fitness. Your lifestyle, personality, and goals all play a role. Here's a side-by-side look at three effective approaches.

WHY FITNESS MATTERS

-  **150 MINUTES** of moderate activity per week recommended by WHO
-  **30%** reduction in risk of depression with regular physical activity
-  **20–30%** lower risk of chronic diseases with an active lifestyle

 1 SMALL HABIT	 2 30-DAY CHALLENGE	 3 GYM OR CLASS
✓ Low cost ✓ Flexible timing ✓ Easy to scale down ✓ Best for everyday consistency	✓ Fixed structure ✓ Clear short-term target ✓ Can feel demanding ✓ Best for people who enjoy deadlines	✓ Scheduled activity ✓ Equipment or instruction ✓ May require travel or fees ✓ Best for structured movement
 BEST FOR: Best for everyday consistency	 BEST FOR: Best for people who enjoy deadlines	 BEST FOR: Best for structured movement

 **THE BOTTOM LINE:** Start where you are. Choose the approach that fits your life right now, and adjust as you grow. Consistency beats perfection—every time.

  
CONSISTENCY. PROGRESS. RESULTS.

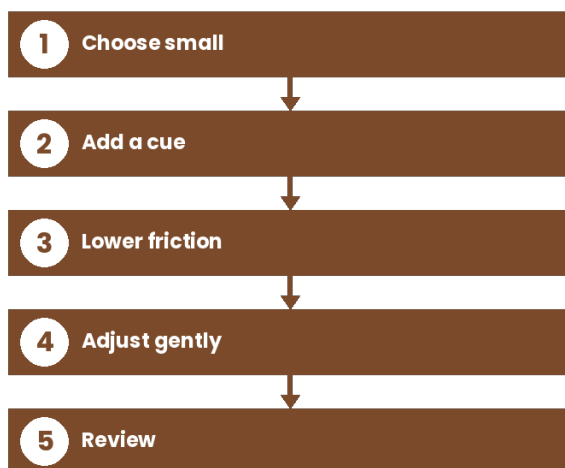
INFOGRAPHIE Infographic comparing small daily habits, 30-day challenges, and gym or class routines for wellbeing

Choose one realistic action

- ☐ **Drink a glass of water**
Keep it visible or connect it to an existing routine.
- ☐ **Eat or prepare something nourishing**
Choose the simplest suitable option available today.
- ☐ **Move gently for a short time**
A few minutes may be more realistic than a longer session.
- ☐ **Take a screen-free pause**
Use the pause to breathe, notice the present, or reset.

- Contact someone you trust**
Send a message, make a call, or arrange time together.
- Create a calmer bedtime cue**
Choose one repeatable action that helps you transition toward rest.
- Make room for something meaningful**
Consider learning, nature, creativity, giving, or another valued activity.

Turn the action into a sustainable habit



1 Choose small

Select one action that fits your current energy, responsibilities, health, and available time.

2 Add a cue

Link the action to something that already happens, such as drinking water after making coffee or stretching after brushing your teeth.

3 Lower friction

Prepare what you need in advance: shoes, fruit, water, a reminder, or a quiet space.

4 Adjust gently

When the full version is not possible, use a shorter or easier version instead of abandoning the habit.

5 Review

Notice what felt useful, what created obstacles, and what could be changed for the next day.

HOW A SMALL WELLBEING HABIT BECOMES SUSTAINABLE

Tiny, consistent actions • Lower friction • Kind adjustments • Regular review = Lasting wellbeing



PROCESS DIAGRAM A flexible cycle for making small wellbeing habits easier to repeat: choose small, add a cue, lower friction, adjust gently, and review.

Make today's plan fit real life

- ☐ **My one wellbeing area for today is:**
Sleep, food, movement, stress, digital habits, connection, learning, nature, or a meaningful activity.
- ☐ **The smallest useful version of my action is:**
- ☐ **I will connect it to this existing cue:**
- ☐ **I will prepare or place this item where I can see it:**
- ☐ **If my day changes, I will adapt the action by:**

Keep the right perspective

- Consistency does not require identical days.
- Motivation changes with sleep, stress, health, workload, and life events.
- A realistic action is more useful than an ambitious plan you cannot maintain.
- Missing a day does not erase previous progress.
- Barriers such as pain, loneliness, finances, caring responsibilities, or an unsafe environment can affect what is possible.
- Self-care can support everyday health, but persistent or distressing symptoms deserve support from a qualified professional.

For everyday wellbeing support only; this guide is not a substitute for advice from a qualified health professional.