

Healthy Habits

DAILY COUNTDOWN

9 
Thousand
Steps

8 
Hours
of sleep

7 
Glasses
of water

6 
minutes
of meditation

5 
Servings
of fruit & veggies

4 
Breaks
stretching & mental

3 
Meals
& 3 healthy snacks

2 
hours
of no phone before bed

1 
Session
of exercise

This is a daily countdown to what?

How many exercise sessions per day?

How many hours of no phone before bed?

How many servings of fruits and vegetables?

How many glasses of water?

Nine thousand what?

How many meals?

How many breaks?

Six minutes of what?

Eight hours of what?