

Return to Real Health checklist

I take an active approach to my health in the following ways:

- I have regular scheduled appointments with my Real Health Chiropractor for my family

Nutrition

- I drink minimum 1L of water each day
- My diet is based on nutrient dense whole foods
- I use high quality supplements when necessary
- Other:

Movement

- I regularly take long walks in nature
- I exercise to strengthen my body
- Stretching/mobility/yoga are part of my daily routine
- Other:

Sleep

- I plan to sleep 7-8 hours per night
- I take time to relax before bed (breathing, meditation, avoiding screens)
- Other:

Mindset

- I feel I have a good work-life balance
- I practice an "Attitude of Gratitude"
- I make time for play
- I set and work towards my goals and purpose
- Other:

I would like the most help to improve the following: