

DAILY CHECKLIST

The M.E.D.S. Daily Checklist

Four daily levers. Tick them off, build the streak, compound the decade. Print it and put it where you'll see it.

MEDITATION — Mind

- ☐ 10 minutes of breathing, prayer, or meditation
- ☐ Named one thing I'm grateful for
- ☐ Caught stress early and reset

EXERCISE — Body

- ☐ Moved / walked 8,000+ steps
- ☐ Strength or resistance work (or planned recovery)
- ☐ Took the stairs / stood and stretched hourly

DIET — Fuel

- ☐ Protein at every meal
- ☐ Half the plate vegetables / fibre
- ☐ No sugary drinks; minimal ultra-processed snacks
- ☐ Hydrated through the day

SLEEP & STRESS — Recovery

- ☐ In bed for 7+ hours
- ☐ Screens down 30 min before sleep
- ☐ One deliberate wind-down (walk, reading, breathing)

Tonight's score: ____ / 14 **Streak:** ____ days “The journey of a thousand miles begins with a single step.”