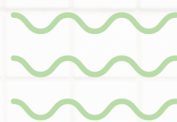




OLATHEE
NATURALS

Daily Physical Activity Habit Checklist

☐

1. I did a bit of stretching
after waking up

☐

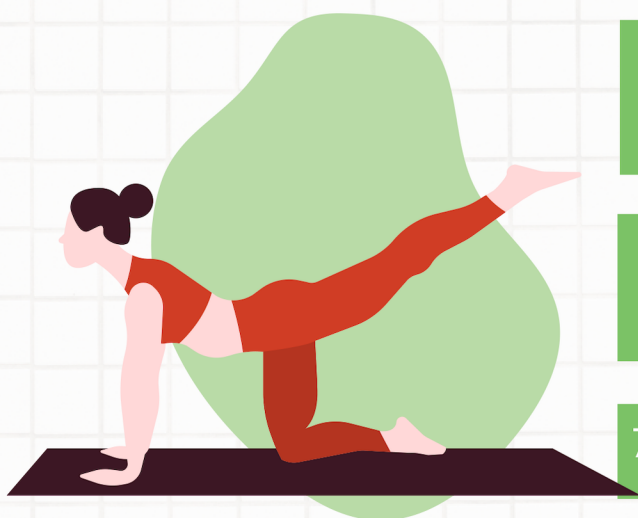
2. I chose to walk more
instead of taking shortcuts

☐

3. I stretched and moved
my body even at work/home

☐

4. I alternate between
sitting and standing



5. I chose to take stairs
instead of elevator

☐

6. I brisk walked most
of the time

☐

7. I went to sleep early

☐

INSTRUCTION : TRY TO COMPLETE THIS CHECKLIST BEFORE GETTING TO SLEEP. YOU CAN PRINT THIS OR USE YOUR IPAD/TAB/MOBILE PHONE TO TICK THE CHECKLIST (SCREENSHOT FOR YOUR REFERENCE) AND RE-USE IT THE NEXT DAY.



TIPS : TRY TO GO FOR 7/7 TO KEEP YOURSELF ACTIVE. TRAIN YOURSELF TO DO THIS EVERY DAY, YOU'LL EXPERIENCE A HEALTHIER AND ACTIVE LIFESTYLE. BUT IF YOU DID LESS, DON'T STRESS YOURSELF! KEEP IMPROVING YOURSELF AND GET BETTER EVERY DAY!

