



Drink water every day.

Eat fruits and/or vegetables with every meal.

Limit sugary snacks and drinks.

Get 60 minutes of physical activity each day.

Get at 8 hours of sleep each night.



Set and stick to a regular bedtime and wake-up time.

Spend more time outdoors each day.

Practice deep breathing every day to help your mind and body relax.

Put your phone away 1 hour before bed.

Make a list of 3 things that you're grateful for each day.



Perform an act of kindness for family members or friends every day.

Brush your teeth twice a day.

Eat only healthy snacks in between meals.

Reorganize your room and then keep it organized.

Create a daily schedule or to-do list.



Spend time reading a book of your choice.

Gently stretch your muscles for 10 minutes each day.

Write down 1 thing that you're proud to have accomplished each day.

Practice mindful eating with each bite of your meals.

Swap sugary drinks for water.



Write a journal entry before bedtime.

Organize your backpack every night before bed.

Organize your study area and keep it neat for better productivity.

Tell someone that you appreciate their friendship.

Challenge yourself to learn a new word each day.