













Healthy Habits Checklist



-  **Balanced Nutrition**
 - Include a variety of fruits and vegetables in your diet
 - Opt for whole grains and lean proteins.
 - Stay hydrated by drinking plenty of water.
-  **Physical Activity**
 - Aim for at least 30 minutes of moderate exercise, such as walking, swimming, or yoga.
 - Incorporate strength training exercises to maintain muscle mass and bone health.
-  **Regular Check-ups**
 - Schedule and attend regular follow-up appointments with your oncologist and other healthcare providers.
-  **Stress Management**
 - Practice relaxation techniques such as deep breathing, meditation, or mindfulness.
 - Engage in activities you enjoy to reduce stress and improve your mood.
-  **Quality Sleep**
 - Aim for 7-9 hours of sleep each night.
 - Establish a consistent sleep routine by going to bed and waking up at the same time each day.
-  **Healthy Weight Management**
 - Maintain a healthy weight through balanced eating and regular physical activity.
 - Consult with a dietitian if you need personalized guidance on weight management.
-  **Self-Care**
 - Schedule time for self-care activities, whether it's a hobby, a relaxing bath, or simply reading a book.
 - Listen to your body and give yourself permission to rest when needed.
-  **Support & Connection**
 - Stay connected with friends, family, or support groups for emotional support.
 - Consider counseling or therapy if you need help managing emotions or coping with the cancer experience.
-  **Avoid Harmful Substances**
 - Limit alcohol consumption and avoid smoking.
 - Be cautious with the use of over-the-counter and prescription medications.
-  **Mindful Living**
 - Set daily intentions and focus on positive aspects of life.
 - Practice gratitude by noting things you're thankful for each day.
-  **Sun Protection**
 - Use sunscreen with at least SPF 30 when exposed to the sun.
 - Wear protective clothing and avoid prolonged sun exposure.
-  **Regular Monitoring**
 - Be vigilant about any changes in your body and report them to your healthcare provider.
 - Keep track of any medications or supplements you are taking.