

Health Boost Checklist



- Wake up early (4-5 am)**
- Prioritize Tasks for the Day**
- Have a Glass of Water**
- Review and Adjust Schedule**
- Consume a Protein-Rich Breakfast**
- Short High-Energy Workout**
- Healthy Snacking**
- Mid-Day Water Break (1 bottle)**
- Stand and Stretch Break**
- Digital Detox Before Bed**



Need a personal approach?
Book a health consultation today:

sebastian@officialprofitlife.com