

A PAIR & A SPARE

# Healthy Habits

DAILY COUNTDOWN



**9** Thousand  
Steps



**8** Hours  
of sleep



**7** Glasses  
of water



**6** minutes  
of meditation



**5** Servings  
of fruit & veggies



**4** Breaks  
stretching & mental



**3** Meals  
& 3 healthy snacks



**2** hours  
of no phone before bed



**1** Session  
of exercise