

Morning

CHECKLIST



- EATING WINDOW OF 10-12 HOURS :
SUNRISE TO SUNSET**
- DRINK WARM WATER IN FEW MINUTES OF
WAKING UP**
- NO EATING FOR UP TO 1 HOUR AFTER
WAKING UP**
- NO COFFEE OR TEA ON EMPTY STOMACH
AND/OR AFTER 2 PM**
- WALK OUTSIDE DURING SUNRISE OR
SUNSET FOR 30 MINUTES OR MORE**

Nutrition

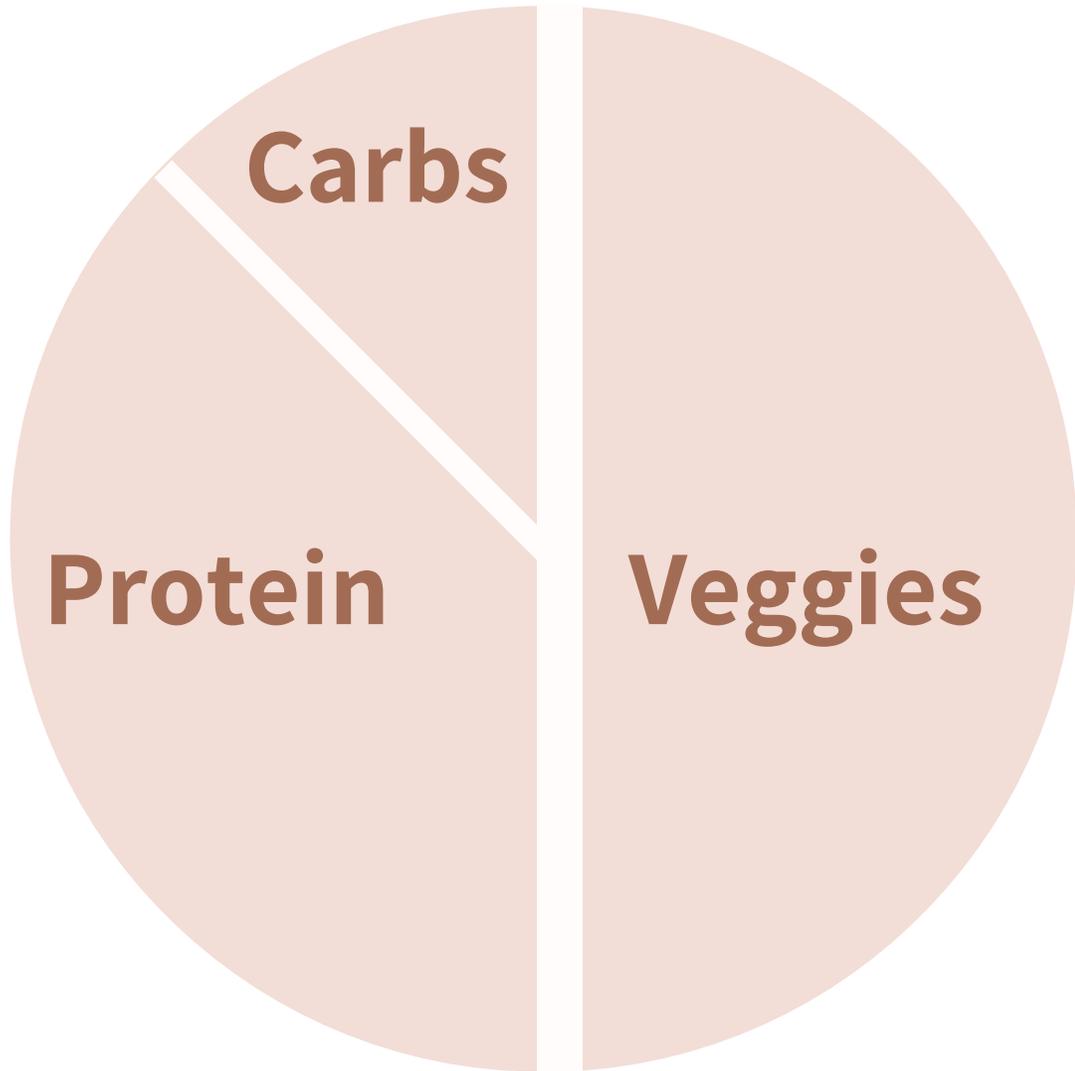
CHECKLIST 1



- CONSISTENT MEAL TIMES:
BREAKFAST, LUNCH, DINNER.**
- NO SNACKING IN BETWEEN MEALS**
- HYDRATION: 8 OZ FOR EVERY 10
POUNDS OF YOUR BODY WEIGHT**
- PROTEIN: 1 GRAMS PER KG OF
YOUR BODY WEIGHT**
- VISHOKA PLATE: 50 % OF YOUR
PLATE SHOULD BE VEGETABLES**

Nutrition

CHECKLIST 2



- ADD HEALTHY FAT AND PROTIEIN IN YOUR DIET**
- ADD PREBIOTICS & PROBIOTICS**

Physical Activity



CHECKLIST

**PHYSICAL ACTIVITY OF MODERATE
INTENSITY FOR TOTAL 150 MIN/WEEK**

OR

VIGOROUS INTENSITY FOR 75 MIN/WEEK

YOGA

CARDIO

WEIGHT TRAINING

15-30 MINUTES POST-MEALS TRY

TO WALK FOR UP TO 10-15 MINUTES

Stress Management CHECKLIST



CONSISTENT PRACTICE OF STRESS

MANAGEMENT TECHNIQUES :

15-20 MNUTES EVERYDAY

**YOGA , BREATHWORK, VAGUS NERVE
PRACTICES, ABHYANGA, MEDITATION,
YOG NIDRA, RESTORATIVE PRACTICES.**

WALKING MEDITATION

[HTTPS://WWW.YOUTUBE.COM/@VISHOKA](https://www.youtube.com/@vishoka)

WELLNESS



Sleep Hygiene CHECKLIST



- CONSISTENT SLEEP SCHEDULE**
- NO NAPS > 20 MINUTES DURING THE DAY**
- NO SCREENS 1-2 HOURS BEFORE BEDTIME**
- MAINTAIN A GAP OF 2-3 HOURS BETWEEN
YOUR LAST MEAL AND YOUR BEDTIME**
- TEMPERATURE OF YOUR BEDROOM :
70-DEGREE FAHRENHEIT OR LOWER**
- WALK OUTSIDE DURING SUNRISE OR
SUNSET FOR 30 MINUTES OR MORE**

Lifestyle

CHECKLIST



REFLECTION DIARY

LET'S CONNECT.



info@vishokawellness.com



www.vishokawellness.com



[@vishokawellness](https://www.instagram.com/vishokawellness)



[@vishokawellness](https://www.youtube.com/vishokawellness)



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Thank You..