

Daily Wellness Check

A simple evening checklist for students to build healthy, balanced habits

Name: _____

Date: _____

Study

- ☐ I completed my main study goal.
- ☐ I revised something I learned earlier.
- ☐ I identified difficult topics.
- ☐ I took appropriate study breaks.

Health

- ☐ I ate regular meals.
- ☐ I drank enough water.
- ☐ I moved or exercised today.
- ☐ I followed a reasonable sleep routine.

Mental Well-being

- ☐ I took some time to relax.
- ☐ I spent time with family/friends or someone I trust.
- ☐ I avoided unnecessary comparison.
- ☐ I asked for help if I needed it.

Digital Habits

- ☐ I limited unnecessary scrolling.
- ☐ I kept distractions away during study time.
- ☐ I used technology mainly for useful purposes.

Weekly Reflection

At the end of the week, take a few minutes to answer:

1 What went well?

2 What caused the most stress?

3 Which subject needs more attention?

4 Did I get enough rest?

5 What healthy habit should I improve next week?

Answering these turns wellness into a practical, weekly habit — not just another item on a student's already long list of responsibilities.