

Medical and Professional Care

- [] Schedule and complete an annual eye examination with an ophthalmologist, to maintain eye health and detect any vision changes early.
- [] Schedule and complete an annual dental check-up with a dentist, to maintain oral health and prevent future dental issues.
- [] Schedule and complete a dental cleaning with a hygienist every six months, to maintain oral hygiene and prevent gum disease and tooth decay.
- [] Schedule and complete an annual mole screening with a dermatologist, to ensure regular skin monitoring and early detection of potential issues.
- [] Schedule and complete an annual gynecological check-up with a gynecologist, to ensure regular reproductive health monitoring and early detection of potential issues.
- [] Schedule and complete an annual check-up with your primary care physician, to monitor overall health and receive preventive or follow-up medical guidance as needed.

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- [] Schedule and complete a breast exam and Pap test every two years, to support early detection and preventive care.
- [] Schedule and complete an annual blood test, to support early detection and preventive care.
- [] Schedule and complete an annual cholesterol test, to support early detection and preventive care.

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- [] Schedule a consultation with an ophthalmologist, to evaluate eligibility for laser eye surgery, including a full medical assessment and professional recommendation.
- [] Schedule an appointment with a dermatologist, to assess the possibility of mole removal, including a full medical evaluation and discussion of suitable treatment options.
- [] Schedule an initial consultation with an orthodontist, to evaluate options for straightening your teeth, including a full oral assessment and professional treatment recommendation.
- [] Ask your primary care physician which vitamins and minerals I should take regularly.

Self-Care and Hygiene

- [] Take hair and nail supplements daily to support stronger hair and nail growth.
- [] Complete an epilation session for the chin and upper lip to maintain smooth facial skin.
- [] Complete a laser hair removal session for the underarms, legs, and feet to reduce long-term hair growth and simplify your grooming routine.
- [] Read 4 books related to hygiene and self-care to improve personal wellness knowledge.
- [] Maintain a monthly massage routine for the next 6 months to improve muscle relaxation and overall physical balance.
- [] Schedule a professional facial every 6 weeks to support skin health, hydration, and long-term rejuvenation.
- [] Schedule eyebrow shaping every 3 weeks to keep a clean defined, and well-groomed brow line.
- [] Schedule a manicure every 3 weeks to maintain nail health, appearance, and consistent grooming.
- [] Schedule a pedicure every 6 weeks to support foot hygiene, nail health, and overall appearance.
- [] Schedule a hair ampoule treatment every 6 weeks to strengthen and nourish the hair.
- [] Schedule a haircut every 4 months to maintain healthy hair ends and overall hair condition.



Try and error until I find what I like and works for me.

Physical Activity

- [] Perform a 30-minute aerobic workout on the elliptical five times per week for the next 8 weeks to improve cardiovascular fitness.
- [] Walk at least 10,000 steps every day for the next 30 days to increase daily activity levels and support overall health.
- [] Improve posture by performing a 10-minute posture exercise routine daily for the next 6 weeks.
- [] Practice back straightening exercises for 10 minutes daily for the next 6 weeks, to support better posture and spinal alignment.
- [] Attend 10 different types of fitness classes (such as Zumba, spinning, kickboxing, etc.) to expand your workout variety and discover new interests.
- [] Register for one martial arts class (such as judo, karate, or boxing) and attend weekly sessions for 8 weeks to build strength, discipline, and self-confidence.
- [] Learn a new dance style (such as salsa, hip-hop, or ballet) by taking one class per week for the next 10 weeks to improve coordination, flexibility, and creative expression.
- [] Complete one "100 workout" session (100 squats, 100 push-ups, and 100 crunches) each month to challenge muscular endurance.
- [] Choose one small daily fitness habit (such as 20 bodyweight squats) and perform it every day for the next 30 days to build consistency and integrate movement into your daily routine.
- [] Measure waist, hip, and chest circumferences once a month and record the results to track body composition changes and progress toward your fitness goals.
- [] Go for a 40-minute brisk evening walk twice a week for the next 10 weeks to improve cardiovascular health, relaxation, and daily activity levels.
- [] Consult with physiotherapist to receive a personalized exercise plan, and perform the assigned balance and posture exercises 3 times per week for 12 weeks.
- [] Measure your weight once a month and work toward reaching a weight of 50 kg through a sustainable nutrition and activity plan.



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Nutrition and Hydration

- [] Drink 2 liters of water every day to improve hydration, energy levels, and overall health.
- [] Eat a protein-rich breakfast (such as eggs or tuna) at least 5 days per week for the next 6 weeks to support satiety, muscle recovery, and balanced energy levels.
- [] Prepare meals at home and bring them to work at least 3 times per week for the next 8 weeks to improve nutrition quality and maintain healthier eating habits.
- [] Drink one glass of water 20 minutes before every meal for the next 30 days to improve hydration and support better appetite control.
- [] Drink one cup of green tea each day for the next 30 days to increase antioxidant intake and support overall health.
- [] Eat vegetables in five different colors every day for the next 6 weeks to increase nutrient diversity and support balanced nutrition.
- [] Start every lunch with a vegetable or salad for the next 8 weeks to increase fiber intake and promote healthier eating patterns.
- [] Keep a container of pre-cut vegetables (such as bell peppers, carrots, and cucumbers) in the refrigerator at all times for the next 6 weeks to encourage healthy snacking and reduce processed snack intake.
- [] Use smaller plates for all home meals for the next 30 days to support portion control and mindful eating.
- [] Read about the Mediterranean diet to build nutritional knowledge and support healthier eating choices.
- [] Cook at home at least twice per week for the next 8 weeks to improve meal quality, reduce processed foods, and strengthen cooking habits.
- [] Drink a cup of chamomile or lemon balm herbal tea every evening for the next 30 days to promote relaxation and support a calmer nighttime routine.
- [] Start each morning with a serving of bio-yogurt for the next 8 weeks to support digestion and gut health.

Mental Well-being

- [] Sleep 7–9 hours per night to improve energy levels, recovery, and overall wellbeing.
- [] Eat one meal per day without screens (no phone or TV) for the next 30 days to promote mindful eating and healthier digestion.
- [] Practice the 4-7-8 breathing technique (inhale 4 seconds, hold 7, exhale 8) once per day for the next 30 days to reduce stress and promote immediate relaxation.
- [] Do a 5-minute morning meditation every day for the next 6 weeks to improve focus, calmness, and emotional balance.
- [] Use the grounding technique (5 things you see, 4 feel, 3 hear, 2 smell, 1 taste) at least three times per week for the next 6 weeks to improve emotional regulation and reduce anxiety.
- [] Write "morning pages" – intuitive free writing – for 10 minutes every morning for the next 30 days to clear the mind and enhance emotional awareness.
- [] Keep a gratitude journal by writing down 3 positive things each evening for the next 8 weeks to improve mood, optimism, and emotional wellbeing.
- [] Read a physical book instead of scrolling on your phone each night for the next 6 weeks to improve sleep quality and reduce screen exposure before bedtime.
- [] Read one self-help or mental-wellbeing book within the next 6 weeks to improve emotional awareness, personal growth, and overall mental resilience.