During this pandemic, I have definitely lost my exercise routine. Before the pandemic, I was doing 200 pushups a day, and going to the gym a few days a week. Now, I am simply focused on school and work, and no exercise. One new ritual, I would like to incorporate into my daily life would be the fixing my bed in the morning and buying groceries instead of getting takeout. I want to fix my bed in the morning, because getting that simple accomplishment done, can really boost my productivity throughout the day. I think that buying groceries instead of getting takeout or fast food will definitely make me more healthy and most likely be better for my wallet. I also love to cook, so this will also do great things for my mental health.