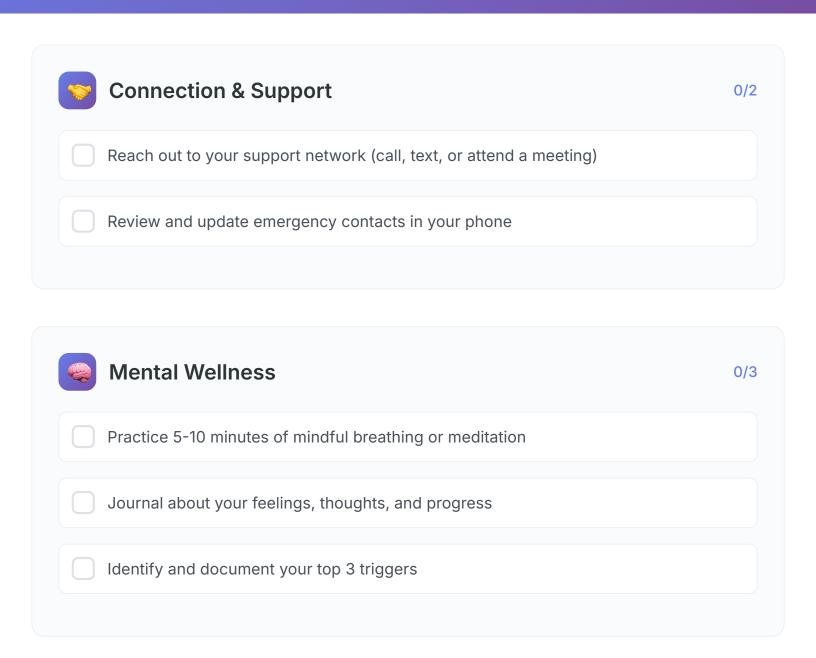
Daily Recovery Checklist

0 of 12 tasks completed



Drink at least 8 cups of water throughout the day	
Eat balanced meals with protein, carbohydrates, and healthy fats	
Engage in 20-30 minutes of physical activity (walk, stretch, or yoga)	
Personal Growth	0/4
Practice gratitude by listing 3 things you're thankful for	
Schedule one meaningful self-care activity	
Set a small, achievable goal for tomorrow	
Reflect on a personal strength and how you'll use it today	
Daily Reflections	
Take a moment to reflect on your day. What went well? What challenges did you face? What are you grateful for?	