

# IMPACT POWER BOOSTER SUPERHERO CHECKLIST

HABIT	ALMOST ALWAYS/ EVERYDAY	SOMETIMES	RARELY - NEVER
<i>I eat as per the <b>HEALTHY PLATE</b> principle – half plate veggies, ¼ Carbohydrate and ¼ Proteins</i>			
<i>I eat slowly over 20 minutes</i>			
<i>I eat mindfully – engaging all my 5 senses</i>			
<i>I drink enough water (up to 2-3 litre per day)</i>			
<i>I get at least <b>40 min of cardio exercise</b> like walking, running, skipping, dancing (up to 8000 steps on pedometer)</i>			
<i>I do a minimum of <b>30 minutes of strength exercises</b></i>			
<i>I do <b>flexibility exercises</b> (Yoga, Pilates, stretching)</i>			
<i>I balance my time well with Family, Work, and social commitments</i>			
<i>I give enough time for my <b>SPIRITUAL well-being</b> e.g pursuing a hobby, social work, meditation, self-reflection</i>			
<i>I maintain a <b>DAILY GRATITUDE</b> journal or go to bed thinking about the things I am grateful for</i>			



**NEW Habits I have been *SUCCESSFUL* in forming**

**NEW HABITS I have *TRIED* to form but *NOT* have been successful**

**NEW Habits that I would like to form but I have *NOT TRIED* yet**

