

DAILY CHECKLIST AND HELPFUL TIPS

Task #		Task Description
1	<input type="checkbox"/>	Before getting out of bed make a new entry in your sleep journal. Note what time you awoke, and the condition of your sleep. Did you wake up in the middle of the night? If so, for how long? What were you thinking about when you woke up?
2	<input type="checkbox"/>	After attending to your hygiene, engage in 2-3 minutes of light stretching, (see video).
3	<input type="checkbox"/>	If you usually have a cup of coffee in the morning, instead prepare an herbal tea to have after your shower routine.
4	<input type="checkbox"/>	Perform 3 minutes of dry brushing before your shower. (Dry brushes can be purchased at Holland & Barrett stores, or online. Download our dry brushing pdf for instructions on how to use).
5	<input type="checkbox"/>	Perform 3-4 minutes of self massage immediately after your shower, (see Self Massage pdf download).
6	<input type="checkbox"/>	Enjoy your herbal tea!
7	<input type="checkbox"/>	Watch the video for Yoga/ Qigong. Perform for 7-15 minutes. (See video links. Choose a different link each day from the list to keep it interesting).
8	<input type="checkbox"/>	Perform Pranayama for 5 minutes. (See instructional pdf download, AND helpful video link).
9	<input type="checkbox"/>	Perform 7-10 minutes of guided meditation. Longer if your times allows.
10	<input type="checkbox"/>	You are now ready for breakfast! Pay special attention to the dietary regimen download from our website. During your Initial Consultation, the proper download was assigned to you according to your Prakruthi and Vikruthi.
11	<input type="checkbox"/>	Consult your to-do list which you made the previous night.
12	<input type="checkbox"/>	After every two hours of work, stand up and perform the "Making the Sun" routine. Also focus on your abdominal breathing for two minutes. No cheating!
13	<input type="checkbox"/>	Enjoy your lunch, but remember to pay attention to your dietary regimen.
14	<input type="checkbox"/>	Enjoy up to 2-3 herbal teas during the daytime. (Mint, rooibos or ginger are the best). Include a cup of mint tea after having your lunch to stimulate digestion.
15	<input type="checkbox"/>	In the evening, do another 15-20 minutes of meditation.
16	<input type="checkbox"/>	Reflect on some positive things which happened today.
17	<input type="checkbox"/>	Make a to-do list for tomorrow. List your mandatory tasks first.
18	<input type="checkbox"/>	Just before turning out the lights, note the time in your sleep journal. Keep your sleep journal by your bed, so it's waiting for your next entry when you awake tomorrow morning.
19	<input type="checkbox"/>	Don't watch the news at least an hour before sleep time.
20	<input type="checkbox"/>	Do not use electronic screens, (TV, iPads, phones), in bed.