

Ayurveda Daily Wellness Checklist

A Simple Daily Guide to Balance Mind, Body & Energy

Why Use This Checklist? Ayurveda teaches that small daily habits shape long-term health. This checklist helps you cultivate deep awareness, support optimal digestion, and maintain perfect equilibrium in your modern everyday life.

Remember: *Progress matters far more than perfection. Tune into your body's rhythm.*

DAILY MINDFULNESS ROUTINES

Morning Routine

- Wake up feeling refreshed
- Avoid checking phone immediately
- Take a few deep breaths first
- Drink a glass of warm water
- Clean your tongue & brush teeth
- Wash your face with awareness
- Stretch gently / Yoga (5-20 mins)

During the Day

- Eat only when genuinely hungry
- Maintain good posture all day
- Pause for conscious breaths
- Eat seated & without distractions
- Reduce stress & take screen breaks
- Chew your food thoroughly
- Take main meal around midday

Evening Routine

- Practice active daytime gratitude
- Notice how your food feels
- Eat a lighter evening meal
- Reduce screen exposure before bed
- Avoid overeating & space meals
- Reflect & let go of worries
- Read something uplifting & rest

DAILY SELF-OBSERVATION (TUNE IN)

ENERGY LEVEL

- Low
- Moderate
- High
- Tired / Heavy

DIGESTION (AGNI)

- Weak
- Moderate
- Strong

MOOD BALANCE

- Calm / Happy
- Restless/
Irritable

SLEEP QUALITY

- Poor/Fair
- Good
- Excellent

WEEKLY PROGRESS TRACKER

DAY OF WEEK	MORNING ROUTINE	MINDFUL EATING	DAILY MOVEMENT	EVENING REFLECTION
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY REFLECTION

1. What simple choice or practice made me feel most aligned and balanced today?

2. What gentle adjustments would I like to bring into my routine tomorrow?

"True wellness is built through consistent, conscious daily choices. Small holistic habits practiced with pure awareness create beautiful, lasting internal balance."

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MIND. BODY. BALANCE.