

AGNI DAILY WELLNESS CHECKLIST

A simple Ayurvedic reflection tool to help you observe your digestion, daily habits, and patterns.

A gentle reminder: Ayurveda emphasizes balanced Agni, not excessively strong Agni. Use this checklist for self-observation, not diagnosis.

1. Morning Check-In

- ☐ Did I wake feeling reasonably rested?
- ☐ Do I notice genuine hunger this morning?
- ☐ How does my digestion feel today?
- ☐ Am I noticing heaviness, bloating, or discomfort?

2. Before & During Meals

- ☐ I eat when I am genuinely hungry rather than simply out of habit.
- ☐ I pause and settle before eating.
- ☐ I eat slowly and chew thoroughly.
- ☐ I avoid habitual overeating.
- ☐ I notice how different foods affect my digestion.

3. Between Meals

- ☐ I allow adequate time between meals for digestion.
- ☐ I avoid continuous snacking when I am not hungry.
- ☐ I notice whether my appetite feels steady or variable.

4. Movement & Yoga

- ☐ I included suitable movement or Yoga today.
- ☐ I practiced gently and avoided forcing my body.
- ☐ I used comfortable breathing to support relaxation and body awareness.

5. Evening Reflection

- ☐ Was my evening meal comfortable and appropriately timed for me?
- ☐ Did I give myself enough time to wind down before sleep?
- ☐ Did my daily rhythm support rest and recovery?

MY AGNI REFLECTION

Today my appetite

felt: ☐ steady ☐ low ☐ intense ☐ variable

My digestion felt: ☐ comfortable ☐ heavy ☐ bloated ☐ irregular

One pattern I noticed:

One small change I can practice tomorrow:

“The goal is not to make Agni stronger, but to support it in balance.”

A Note from Ayuryogaheal

Agni is central to the Ayurvedic understanding of digestion, nourishment, and vitality. Small, consistent observations can help you become more aware of your own patterns.

This checklist is an educational self-reflection tool and does not diagnose or treat health conditions. Persistent, severe, or concerning digestive symptoms should be discussed with an appropriate healthcare professional.

Continue your journey: Explore Ayurveda, Yoga, and Sanskrit wisdom with Ayuryogaheal.