

Nidhi's Anti-Health To-Do List

i.e: these things are counter to my personal health goals

| Nutrition | Rest + Recovery | Movement | Stress Management |
|--|---|---|---|
| <ul style="list-style-type: none">• Eat out > 3 times a week• Chinese or Thai takeout• Late meals (within 2 hrs of bed) | <ul style="list-style-type: none">• Sleep later than 11pm• Alcohol | <ul style="list-style-type: none">• 3+ days in a row without moving my body in some way | <ul style="list-style-type: none">• Scheduling social outings 3 days in a row• Not having at least 3 nights of downtime per week |