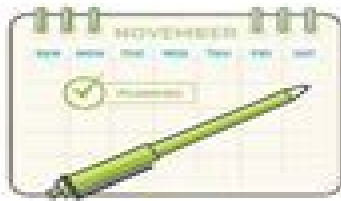


# HEALTHY HABITS

ROSHNI



Goal Setting and  
Having a Plan



Eating Veggies with  
Every Meal



Consistent Exercise  
Weights + Cardio



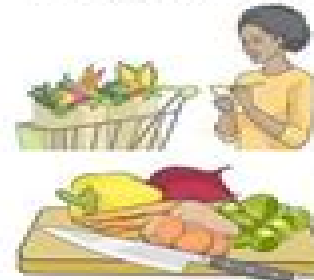
Monitoring Your  
Hydration



Regularly Spending  
Time In Nature



Spending Quality Time  
with Family/Friends



Cooking/Prepping One  
Meal Per Day



Daily Stretching/  
Mobility

# The Habits Of Health

**SA Adler**



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