

THE DAILY FOUNDATIONS

Checklist

Fitness With
Shakira



SMALL, CONSISTENT
ACTIONS.
BIG IMPACT.



THE BASICS. DONE DAILY.

These simple daily habits are the foundations of your health and wellbeing. Tick each one off as you go.
Progress, not perfection.

*You don't need
to be perfect,
just consistent.*



EAT 25-30G PROTEIN AT BREAKFAST-

Protein in the morning = better energy, focus and blood sugar balance.

☐

MOVE YOUR BODY

Aim for 8,000-10,000 steps or 30 minutes of movement.

☐

STRENGTH TRAIN

Build muscle, support your bones and balance your hormones.

☐

EAT YOUR VEG

Fill at least half your plate with colourful vegetables.

☐

DRINK ENOUGH WATER

Aim for 2 litres throughout the day to support energy and digestion.

☐

GET OUTSIDE

Natural light boosts your mood, energy and helps regulate your body clock.

☐

TAKE A MOVEMENT BREAK

Get up, stretch, move. Breaks boost focus and reduce stress.

☐

PRIORITISE SLEEP

Aim for 7-8 hours. Your body heals, balances hormones and recharges.

☐

MANAGE STRESS

Breathe, meditate, journal, walk – do something that calms your mind.

☐

DO ONE THING FOR YOU

Something that brings you joy, makes you feel good and fills your cup.

☐

CONSISTENCY OVER INTENSITY

You don't need to do everything perfectly. Focus on progress, not perfection. Small daily habits create lasting change.

*Take care of
your body.
It's the only place
you have to live.*



TODAY'S FOCUS

What's one area you'll focus on today?



I AM PROUD OF:

TOMORROW I WILL:
