

Heart-Healthy Habits Checklist

10 simple daily habits that protect your heart. Tick one box per day.

Every Day

- ☐ 20 minutes of brisk walking or equivalent activity
- ☐ At least 5 servings of vegetables & fruits
- ☐ Limited salt — watch pickles, papads and processed foods
- ☐ No sugary drinks — water, buttermilk or unsweetened tea instead
- ☐ 7–8 hours of sleep at a consistent time

Every Week

- ☐ Two sessions of strength or flexibility exercise
- ☐ Two servings of fatty fish, nuts or seeds
- ☐ One screen-free family meal
- ☐ A relaxing hobby or stress-relief practice for 30 minutes
- ☐ Review your BP log and medication adherence