

# FIT *for* FALL

## Daily Routine Checklist

- Barreroom onDEMAND Workout
- Drink 2L water
- Eat at least 3 servings of fruits & vegetables
- Get at least 7 hours of sleep
- Get at least 10,000 steps

## Weekly Routine Checklist

- Cook a healthy meal at home
  - Spend an hour outdoors
  - Connect with a friend
  - Practice self love/ self care
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