THRYVIVA | DIGITAL WELLNESS EDITION

7-Day Healthy Habits Starter Kit

Your gentle one-week rhythm to build momentum without overwhelm.

The 7-Day Habit Checklist

Day 1: Morning hydration + 15-minute outdoor walk
Day 2: Prep a nourishing lunch + 5 minutes of box breathing
Day 3: Add greens to two meals + stretch for 10 minutes
Day 4: Screen-free wind-down 30 minutes before bed
Day 5: Try a new whole-food recipe + 8 glasses of water
Day 6: Longer weekend walk + gratitude journal entry
Day 7: Plan next week’s meals & celebrate your consistency

Gentle Reminder

Progress is built on calm repetition, not perfection. Every small daily choice compounds into lasting energy and clarity.