

# Boost Your Immune System Naturally

## Printable Daily Checklist & Weekly Plan

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### Daily Immune-Support Checklist

Use this checklist to support consistent, evidence-based immune health habits.

#### Nutrition

- ☐ Eat at least **5 servings of fruits and vegetables**
- ☐ Include a **source of lean protein** (fish, poultry, legumes, eggs)
- ☐ Consume **whole grains** instead of refined grains
- ☐ Include **healthy fats** (olive oil, nuts, seeds)
- ☐ Limit ultra-processed foods and added sugars

#### Hydration

- ☐ Drink water consistently throughout the day
- ☐ Monitor urine color (pale yellow = adequate hydration)

#### Physical Activity

- ☐ Engage in **at least 30 minutes of moderate movement**
- ☐ Avoid prolonged sedentary time (stand or stretch every 60–90 minutes)

#### Sleep & Recovery

- ☐ Aim for **7–9 hours of sleep**
- ☐ Maintain a consistent sleep and wake time
- ☐ Avoid screens at least **60 minutes before bed**

#### Stress Management

- ☐ Practice **10–15 minutes of stress-reduction** (breathing, meditation, prayer, or journaling)
- ☐ Take at least one intentional break during the day

#### Lifestyle Habits

- ☐ Avoid smoking and secondhand smoke
  - ☐ Limit alcohol consumption
  - ☐ Practice proper hand hygiene
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# Weekly Immune-Support Plan

## Monday – Nutrition Focus

- Plan balanced meals for the week
- Shop for fruits, vegetables, whole grains, and lean proteins
- Prepare healthy snacks in advance

## Tuesday – Movement & Circulation

- Brisk walk, cycling, or swimming (30–45 minutes)
- Light stretching before bed

## Wednesday – Gut Health

- Include fermented foods (yogurt, kefir, sauerkraut, kimchi)
- Emphasize fiber-rich foods (beans, oats, vegetables)

## Thursday – Stress Reduction

- Practice extended mindfulness or relaxation (20 minutes)
- Reduce unnecessary commitments in the evening

## Friday – Sleep Optimization

- Review sleep habits
- Avoid caffeine after mid-afternoon
- Create a calming bedtime routine

## Saturday – Outdoor & Vitamin D Support

- Spend time outdoors in natural light
- Combine movement with sunlight exposure

## Sunday – Reflection & Preparation

- Review what worked well during the week
- Adjust goals for the upcoming week
- Prepare meals and schedule exercise sessions

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## Important Notes

- Consistency matters more than perfection
- Supplements should only be used when clinically indicated
- Immune health is cumulative and supported by long-term habits

**Disclaimer:** This checklist is for educational purposes only and does not replace medical advice. Consult a qualified healthcare professional for personalized guidance.