

Keith's Daily Health Regimen

Overview

URL for this document: <https://tinyurl.com/y9q8emmr>

See: [Regimen: Detail](#)

See also: [Foundations of Health](#)

- Awaken
- Empower
 - [Thoughts](#)
 - [Air](#)
 - [Water](#)
 - Movement
 - [Sunlight](#)
 - **[Food](#)**
 - [Exercise](#)
- Cleanse
 - Excrete
 - Shower
 - Oral hygiene
- Center
 - Feel good
 - Find gratitude
 - Know preference
 - Form goals
 - Decide plan
- Activity
 - Engage plan
 - Respond wisely
 - Accept limitation
- Sleep
 - 10-12 hours
 - Roughly sunset-sunrise
 - [On schedule](#)