

Farran's Wellness Guide Check List

Farran's Wellness Check List

By [Farran Manuel](#)

Use this check list as an intentional starting point to developing your wellness routine. Being well means achieving a balanced state of physical, mental and emotional health that supports a fulfilling and purposeful life. I hope this serves you meaningfully.

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Wellness Checklist

1 — Set Goals (Journal)

- Determine goal(s)
- Connect to your “why”

2 — Structure Day (Planner)

- Create daily schedule
- Set morning and evening anchors

3 — Plan Your Food

- Research recipes
- Create weekly menu

4 — Plan Your Movement

- Research workouts or local classes
- Create weekly movement plan

5 — Support & Tracking

- Choose accountability partner
- Identify 3 habits to track
- Set date to check in + track data

(Recommended materials: journal + planner)

Goal Setting

Step 1: Determine your goal

Different goals require different approaches. Without clarity, you risk doing the right work for the wrong outcome. Common wellness goals:

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Weight loss | <input type="checkbox"/> Mobility |
| <input type="checkbox"/> Build muscle | <input type="checkbox"/> Calisthenics |
| <input type="checkbox"/> Performance (Marathon, Hyrox) | <input type="checkbox"/> Flexibility |

Note: Goals evolve. Assess routinely to align with different seasons of life.

Step 2: Connect to your “why?”

Identity shapes habits and habits reinforce identity. It's a cycle. When your actions are rooted in a deeper place—health, joy, purpose—you naturally begin to move in alignment with the life you're meant to live.

Journal Prompts:

- What kind of life am I trying to build and who do I need to become to live it fully?
- Which of my daily habits currently support or disconnect me from my health, joy and purpose?
- If I truly valued my well-being and future, how would I show up differently today?

Daily Schedule

Wellness succeeds when it fits into your real life. Create a simple daily structure that supports your energy, not drains it. Start by blocking your non-negotiables (sleep, work, family, commitments), then build wellness around them. Set morning and evening anchors to bookend your day. Anchors are short, repeatable habits that signal your body and brain to start or wind down. *Reminder: Your schedule should feel supportive. If it feels restrictive or overwhelming, simplify it — structure is meant to create freedom, not pressure.*

Morning Routine

5:00am Wake up
5:30am Prayer/Meditation
6:00am Strength Training
7:00am Breakfast
8:00am Work

Evening Routine

6:00pm Dinner
7:00pm Walk or Stretch
8:00pm Shower
8:30pm Read
9:00pm Sleep

Meal Plan

“Eat like your ancestors.” Nutrition works best when it’s simple. An anti-inflammatory approach focused on whole, minimally processed foods is one of the most effective and sustainable ways to support energy, digestion, hormones and weight management. Creating a weekly menu ahead of time reduces stress, decision fatigue and inconsistency during the week. Ensure dietary choices align with goals. Nutrition plays a greater role in progress than most realize.

Farran’s Weekly [Grocery List](#)

Recipes and meal plans: [Faythe Nehms](#)

Movement Plan

Your training should align with your goals. Seek programs from coaches, trainers or platforms that specialize in the areas you’re interested in. Practice safety, listen to your body and avoid overtraining. Recovery is necessary for the body — honor rest days. If you miss a few days (or weeks), don’t let that discourage you. You can have as many Day 1’s as you need. Most importantly, create a duration and frequency that is realistic for you.

My current split:

Mon — Chest + Biceps
Tue — Legs (Push)
Wed — Back + Triceps
Thu — Active Rest

Fri — Legs (Pull)
Sat — Shoulders + Traps
Sun — Active Rest

Full workouts: [Farran's Wellness Guide](#)

Habit Tracker

“What gets measured, gets done.”

Monitoring your progress will help you develop long-term lifestyle changes. Find someone who will hold you accountable. Check in weekly to assess your habits. Celebrate your wins, give yourself grace and revise if/when needed. The ultimate goal is for wellness habits to become a regular part of your daily routine like eating and grooming.

[Simple Habit Tracker](#)
[Google Sheets Template](#)

[Habit Tracker App](#)