DrSodha.co.uk

	NUTRITION			EXERCISE		SLEEP	STRESS & WELL-BEING			
Examples	Breakfast e.g. Low carb	Lunch e.g. Low carb	Dinner E.g. low carb	Walk in the park or yoga	Go to gym or swim	Sleep min 7 hours	Reading or meditation	See friend / family	Do something you enjoy	TOTAL 4 or more = success
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