

HÁBÍŤ ANTI AGING HABITS ĚRÁČKĚŘ

www.HabitAge.live

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Habits that Make You Look Younger

HabitAge	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	Beauty sleep (7 to 9 hours)																															
Washing face twice daily																																
Wear sunscreen																																
Drink plenty water (_____)																																
Sleep on My Back																																
Fruits and Veggies																																
Exercise																																
Put on a happy face																																
Meditation (anti stress)																																