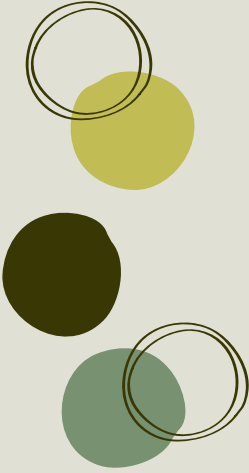


WELLNESS IN ACTION

Simple Challenges to Build
Daily Health Habits



Author- Zainab Mustafa Bharmal



TABLE OF CONTENTS

1. From Knowing to Doing

2. Makeover Your Meals

3. Build a Mini Morning Ritual

4. Break Up With Stress

5. Move With Joy

6. Track It, Feel It

From Knowing to Doing

Learning is powerful—but action is transformation.

Small changes done consistently can reshape your mood, energy, skin, and focus.

Why this works:

- One habit done daily has a ripple effect
- Wellness isn't all-or-nothing—it's progress over perfection
- Challenges keep things fun and goal-driven

Mini Tasks:

1. Choose one area to improve this week: food, sleep, movement, or stress.
2. Write one reason why that change matters to you.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Makeover Your Meals

Let food heal you—one swap at a time.

Try this:

- Oil Swap: Use cold-pressed ghee or coconut oil for 7 days
- Color Plate: Eat at least 5 food colors in every main meal

Mini Tasks:

1. Take a photo of today's most colorful plate.
2. Note how you feel 1 hour after eating—light, heavy, calm?

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Build a Mini Morning Ritual

Routines set the tone for your entire day.

Create your own Dinacharya:

- Tongue scraping
- Warm water or herbal tea
- Gentle stretching or mindful breath

Mini Tasks:

1. Write 3 steps you can start doing each morning.
2. Do them for 3 days and journal any change in energy or mood.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Break Up With Stress

Your mind needs detox too.

Challenges to try:

- 1-hour digital detox daily
- 3 breathing breaks (5 minutes each)
- Gratitude journaling before bed

Mini Tasks:

1. Write 3 things you're thankful for today.
2. Go offline for 30–60 minutes and observe your focus or calmness.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Move With Joy

Exercise doesn't have to be intense—it should feel good.

Move mindfully:

- Dance, stretch, walk outdoors
- Just 15 minutes boosts hormones and reduces inflammation

Mini Tasks:

1. Choose 1 joyful movement activity to do today.
2. Rate your mood before and after on a 1–10 scale.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Track It, Feel It

Tracking creates momentum and self-awareness.

Habit Track Ideas:

- Check off daily challenges
- Reflect on mood, skin, energy
- Celebrate consistency, not perfection

Mini Tasks:

1. Start a 7-day wellness tracker in a notebook.
2. Share your favorite challenge with a friend and invite them to join.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

ABOUT THE AUTHOR



Zainab Mustafa Bharmal is an IBDP Year 2 student at The Galaxy School, with a strong academic foundation and a passion for pharmaceutical sciences, biotechnology, and life sciences. A national topper in Geography and an all-A* IGCSE achiever, Zainab has pursued her interests through internships with medical professionals, research-based summer programs, and science-led awareness campaigns. She has led impactful projects on juvenile diabetes, curriculum design for under-resourced schools, and conducted fieldwork in naturopathy and nutrition. Her portfolio includes awards in sports, arts, MUNs, and international competitions like the Biology Bowl and Duke of Edinburgh Award. Through her capstone project and this e-book series, Zainab combines the wisdom of Ayurveda with modern health science to make preventive wellness accessible, evidence-based, and teen-friendly.