

# WELLNESS IN ACTION

Simple Challenges to Build  
Daily Health Habits



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# 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.

# 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?

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# 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.

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# 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.

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# 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.

# 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

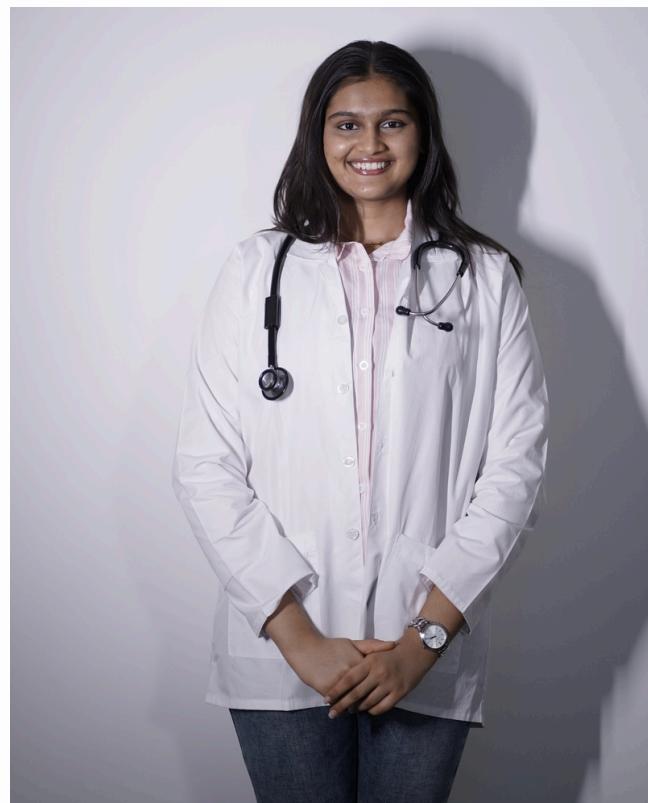
## Mini Tasks:

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

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# 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.