



## Daily maintenance checklist (Part I)

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You have the opportunity to set down some healthy routines that you could follow on a daily basis. You can choose those routines that you know will support your continued recovery and maintain your good health.

Below are some ideas for a “daily maintenance list,” those **things you must do every day to keep yourself well** and **things you need to consider doing every day for your best health**. Check off those things you will put on your “daily maintenance list.”

- Making/eating regular nutritious meals
- Keeping a healthy bedtime routine for adequate sleep
- Doing some form of exercise
- Doing something for leisure (social, quiet, creative, active)
- Doing relaxation exercises
- Contacting a trusted friend
- Taking my medications and keeping appointments
- Limiting caffeine and alcohol intake
- Doing chores/something productive
- Taking care of my grooming
- Taking care of my living space
- Writing in my journal
- Spending time with people/groups that support me
- \_\_\_\_\_

(Adapted from Copeland, 2001)

### REFERENCE

Copeland, M. E. (2001). Developing and using a wellness recovery action plan. *The depression workbook: A guide for living with depression and manic depression* (2nd ed., pp. 124–125). Oakland, CA: New Harbinger Publications.



### Daily maintenance checklist (Part II)

Now consider exactly what those activities will look like for you. Write down those activities you chose, being more specific about what you mean. Customize them for yourself. For example:

Eating regular nutritious meals	I will eat three healthy meals each day, starting with breakfast, and try to eat at the same time each day. I will include foods from all food groups.
Keeping a healthy bedtime routine for adequate sleep	
Doing some form of exercise	
Doing something for leisure (social, quiet, creative, active)	
Doing relaxation exercises	
Contacting a trusted friend	

## Daily maintenance checklist (Part II) (continued)



Taking my medications and keeping appointments	
Doing chores/something productive	
Taking care of my grooming	
Taking care of my living space	
Writing in my journal	
Spending time with people/groups that support me	

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Daily basics schedule

7:00 am \_\_\_\_\_

8:00 \_\_\_\_\_

9:00 \_\_\_\_\_

10:00 \_\_\_\_\_

11:00 \_\_\_\_\_

12:00 pm \_\_\_\_\_

1:00 \_\_\_\_\_

2:00 \_\_\_\_\_

3:00 \_\_\_\_\_

4:00 \_\_\_\_\_

5:00 \_\_\_\_\_

6:00 \_\_\_\_\_

7:00 \_\_\_\_\_

8:00 \_\_\_\_\_

9:00 \_\_\_\_\_

10:00 \_\_\_\_\_