

### **“Daily Health Discipline Checklist”**

#### **Daily Health Discipline (Morning & Evening)**

- **Hands washed, teeth brushed, faces cleaned.**
- **Water intake checked (minimum daily targets).**
- **Sleeping areas aired out; blankets shaken.**
- **Any new symptoms noted (cough, fever, fatigue).**
- **Bathroom & kitchen surfaces wiped and disinfected.**
- **Family hydration and nutrition log updated.**

*A simple ritual that prevents half the illnesses of crisis environments.*