



HOME CHECKLIST

We are where we live. Shape your surroundings, because your surroundings shape you.



Place a scale in a prominent spot in your home and **weigh yourself daily**



Have only **one TV** in your home



Use **hand tools and equipment** more



Own at least four of the following: walking shoes, jump rope, fitness/yoga mat, weights, basketball, baseball, football, golf balls/clubs, roller blades, camping supplies, running shoes



Create an **indoor exercise** area



Place **cushions on the floor**



Create a "**pride shrine**" area or wall



Grow and maintain **your own garden** or plants



Welcome **a dog** into your home



Own a **bicycle**



Scan the QR code for more details on how to set up your home for a better and longer life.