Daily Routine Checklist

A simple Ayurvedic day (dinacharya, Sanskrit for “daily conduct”), with a week of tick boxes

Start with two or three

You do not need the whole list. Pick two or three habits that fit your day and keep them for a few weeks before you add more. Tick a box on each day you do the habit.

Week of _____

Morning	M	T	W	T	F	S	S
Wake at about the same time each day, weekends included.	☐	☐	☐	☐	☐	☐	☐
Drink a glass of warm water, then use the toilet without rushing.	☐	☐	☐	☐	☐	☐	☐
Scrape your tongue gently from back to front, 5 to 7 strokes.	☐	☐	☐	☐	☐	☐	☐
Brush with fluoride toothpaste and floss.	☐	☐	☐	☐	☐	☐	☐
Optional: oil pulling. Swish 1 tablespoon of sesame or coconut oil for 5 to 15 minutes, then spit it into the trash, not the sink.	☐	☐	☐	☐	☐	☐	☐
Optional: salt-water nasal rinse, with safe water only (see below).	☐	☐	☐	☐	☐	☐	☐
Rub warm oil into your feet and lower legs before you shower.	☐	☐	☐	☐	☐	☐	☐
Move for 5 to 10 minutes at about half effort: a brisk walk or stretching.	☐	☐	☐	☐	☐	☐	☐

Midday	M	T	W	T	F	S	S
Make lunch your largest meal when your schedule allows.	☐	☐	☐	☐	☐	☐	☐
Eat sitting down, away from your desk and screens.	☐	☐	☐	☐	☐	☐	☐
Take a short walk after you eat.	☐	☐	☐	☐	☐	☐	☐

Evening	M	T	W	T	F	S	S
Eat a lighter supper, ideally 2 to 3 hours before bed.	☐	☐	☐	☐	☐	☐	☐
Turn off screens 30 to 60 minutes before bed.	☐	☐	☐	☐	☐	☐	☐
Rub a little oil into the soles of your feet.	☐	☐	☐	☐	☐	☐	☐
Go to bed at a regular time, around 10:00 PM if you can.	☐	☐	☐	☐	☐	☐	☐

Safety notes

- **Oil pulling does not replace dental care.** Keep brushing twice a day, flossing and seeing your dentist. Do not swallow the oil. Children and anyone who has trouble swallowing should skip it.
- **Oiled feet are slippery** in the shower and on hard floors. Skip oil on broken skin or rashes. Sesame is a food allergen.
- **Exercise:** if you have heart or lung disease, are pregnant or have been inactive, ask your doctor what level suits you.
- **Nasal rinsing: safe water only.** Use distilled or sterile water, or tap water boiled for 3 to 5 minutes and cooled to lukewarm. Never use water straight from the tap. Clean and dry the device after each use. Weakened immune system, or rinsing a child? Ask a doctor first.
- **See a doctor** if poor sleep, low mood, or loud snoring with daytime sleepiness lasts for weeks.

Nasal rinse water guidance: U.S. Food and Drug Administration.

This handout is general information. It is not a substitute for medical advice from your own doctor or practitioner.