

Nutrishatives Recommended Daily Checklist for Healthy Dopamine Levels

- Eat a protein-rich meal
- Drink a cup of green tea
- Add an extra helping of vegetables to your plate
- Meditate for 10-20 minutes
- Rock a 20-30 minute workout (cardio, strength training, or *yoga*)
- Take a brisk 15 minute walk in the sunshine
- Jam out to a fun song
- Enjoy a short massage
- Knock a task off today's to-do list
- Get 7-9 hours of sleep

