

# 10 DAILY ROUTINES FOR COLLEGE STUDENTS AT HOME

Whether you're stuck in quarantine during COVID-19 or just an online college student trying to create healthy habits at home, maintaining a daily routine can provide a sense of stability and productivity.



## SET AN ALARM

The recommended amount of sleep is 7 to 8 hours. We recommend that you try tracking your sleep to see what works best for you.



## EAT BREAKFAST

Not only will eating breakfast help jumpstart your day, but it also lets your metabolism know that it's time to start burning calories.



## GET DRESSED

You might find that dressing yourself every morning, even if you don't leave the house, can have you feeling better about yourself.



## SCHOOL WORK

Sit at a designated location to work. Begin by planning your to-do's for the day and start tackling the first item on your list.



## STAY HYDRATED

You've likely heard it before, drinking water is essential for overall health. "Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature" (WebMD). Give yourself this simple advantage and track your water intake.



## FRUITS + VEGETABLES

Provide your body with the right nutrients. Vitamins and minerals will fulfill your hunger needs with fewer calories than junk food.



## GET MOVING

Even if it's a few laps around the living room or a brisk walk around the block, exercising releases endorphins!



## PRACTICE GRATITUDE

A positive mindset will create momentum in your day. It's as simple as making a list of 3 things you are grateful for each day.



## WASH YOUR HANDS

If you're reading this after COVID-19, don't stop washing your hands. The last thing you'll want during your time at home is to be sick.



## GET PLENTY OF REST

Go to bed on time. An hour before your predetermined bedtime, stop all use of screen time and set a reminder for "lights out".