

Morning Health & Hygiene Checklist – One Sick Vet

- Void bladder (Number 1)
- Weigh self empty & naked
- Check appearance in mirror – migraine/mast cells?
- Brush teeth
- Comb hair
- Get dressed for morning physical therapy
- Fill water bottles if not filled the night before
- Charge electronics if not charged the night before
- Take Gastrocrom
- Set alarm for 30 minutes
- Void bladder (if necessary)
- Do physical therapy exercises
- Do yoga/Tai chi
- Meditate
- When alarm sounds, take vitamins/supplements/morning medications (except famotidine)
- Set alarm for 30 minutes
- Eat breakfast [Green slime; RXBAR]
- Record sleep, weight, & blood pressure in health log
- Record health status & symptoms in health log
- Record physical therapy, yoga, and meditation in health log
- Record food, drink, & vitamin/supplements/medications in health log
- When alarm sounds, take famotidine
- Morning constitutional (Number 2)
- Take a shower/shave (if necessary/desired)
- Apply deodorant
- Get dressed for day
- Keep drinking water
- Refill water bottles as necessary
- When daily alarm sounds, take Nasalcrom