

Boost Immunity with Ayurveda Worksheet

1. What time are you going to go to bed at night?

2. How can you plan your day to support falling asleep at 10:00 pm?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

3. What time are you going to wake up in the morning?

4. When should you eat your largest meal?

5. What are some Ayurvedic dinner ideas?

1.

2.

3.

4.

5.

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6. At what time should you finish eating dinner?

7. What are some examples of foods rich in prana?

1.

2.

3.

4.

5.

8. Which spices can you add to your diet every day?

9. What is nasya?

10. What are some ways that you can move the body every day?

1.

2.

3.

4.

5.

11. What is Ayurveda's perspective on anxiety?

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12. How can you reduce vata?

1.

2.

3.

13. What are some vata pacifying foods?

1.

2.

3.

4.

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