



TOP BLOKES
FOUNDATION

THE BIG 6

SLEEP

8-10 HOURS TO
RECHARGE AND REFRESH

EXERCISE

30 MINS DAILY BOOSTS ENDORPHINS
AND KEEPS US HEALTHY

ROUTINE

GOOD ROUTINES HELP US FEEL GROUNDED
AND SECURE SO WE CAN EFFECTIVELY
MANAGE TIME FOR WORK, FRIENDS,
SCHOOL, PLAY AND STUDY

DIET

GET A BALANCED DIET OF FRUITS,
VEGETABLES, DAIRY, MEATS AND GRAINS
TO INCREASE GOOD MOOD, FOCUS, AND
ENERGY HORMONES LIKE SEROTONIN

WATER

DRINK AT LEAST 7-8 CUPS A DAY

HYGIENE

SHOWER DAILY AND BRUSH
TEETH TWICE A DAY