A daily wellbeing check list for drivers

* How many breaks did you have today?
* Have you taken your regular breaks?
* Did you have you designated time for a lunch break?
* Have you included a healthier option today? (getting away from high fat and carb snacking)
* Did you check your seating position today?  (bad posture is a main cause of driver ill health)
* Have you done some stretching following a journey? (a bit of physical activity during the working day is a good thing)
* Could you have parked further away in any location allowing for a small walk?
* Did you speak to others within the organisation today (keeping in touch is good for wellbeing)
* Did you have any issues with your vehicle today?  (battles with mechanically issues can be stressful for drivers)