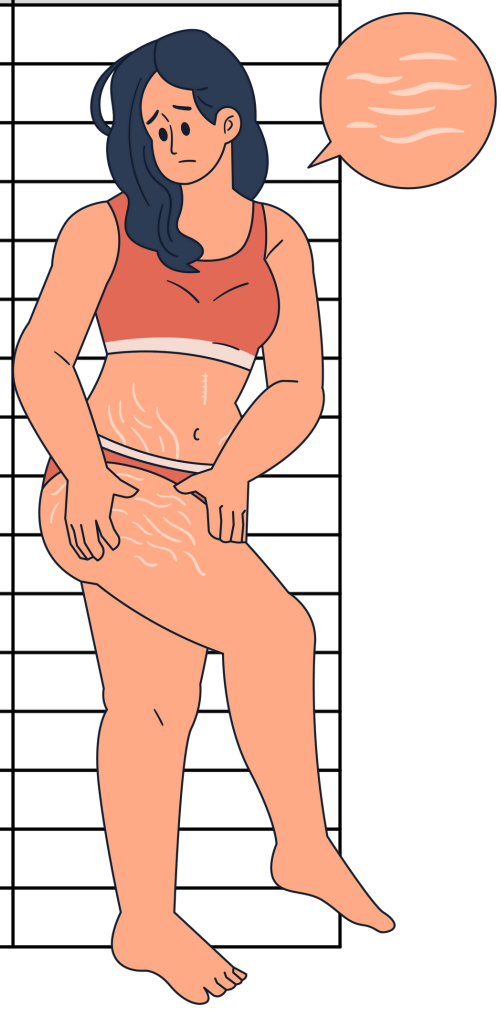
CELLULITE-SMOOTHING CHECKLIST ✓

Use this printable checklist to keep track of daily and weekly habits that can help reduce the appearance of cellulite on your butt and thighs.

Task	Check
Daily Habits	
▪ Drink at least 8 glasses of water	
▪ Moisturize thighs and butt after shower	
▪ Eat balanced meals with protein, fiber, and healthy fats	
▪ Do 20 minutes of cardio (walking, jogging, cycling)	
▪ Massage or foam roll thighs for 5–10 minutes	
Weekly Habits	
▪ Do 2–3 strength workouts (squats, lunges, glute bridges)	
▪ Dry brush skin before shower	
▪ Use a caffeine or retinol cream	
▪ Track progress with photos or notes	
Extra Boost	
▪ Book a professional treatment (laser, RF, acoustic wave, etc.)	
▪ Try self-tanner for smoother-looking skin	
▪ Wear compression leggings for workouts	
▪ Limit processed foods & added sugars	

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