

Forum:[Hack Forums](#)

Thread: [If You Could Only Keep One Healthy Habit, What Would It Be?](#)

Mxstermind - July 31, 2026, 4:36 am

If You Could Only Keep One Healthy Habit, What Would It Be?

Imagine you had to give up every healthy habit except one.

You can only keep:

- Good sleep
- Exercise
- Healthy eating
- Walking
- Meditation
- Reading
- Drinking enough water

Which one would you choose?

Personally, I'd probably choose sleep because it seems to affect almost everything else.

Curious what everyone else values most and why.

Mercury - July 31, 2026, 6:35 am

I'd absolutely maintain a good sleep schedule. I've found that I can never be at my best when I'm on little sleep.

mrclay - July 31, 2026, 5:44 pm

It's hard question to answer though I'd probably choose meditation

M1MON - August 1, 2026, 5:07 am

(Jul 31, 2026 04:36 AM)Mxstermind Wrote: [\[CITE\]](#) If You Could Only Keep One Healthy Habit, What Would It Be?

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that's really hard. because i do exercise, eat healthy, run, and drink plenty of water every single day. so choosing one, now that I have gotten used to my usual routine and saw the benefits. I just don't know man ?

Mxstermind - August 2, 2026, 3:02 pm

(Jul 31, 2026 06:35 AM)Mercury Wrote: [\[CITE\]](#) I'd absolutely maintain a good sleep schedule. I've found that I can never be at my best when I'm on little sleep.

Sleep, ok.

(Jul 31, 2026 05:44 PM)mrclay Wrote: [\[CITE\]](#) It's hard question to answer though I'd probably choose meditation
meditation, sounds good.

(Aug 1, 2026 05:07 AM)M1MON Wrote: [\[CITE\]](#) that's really hard. because i do exercise, eat healthy, run, and drink plenty of water every single day. so choosing one, now that I have gotten used to my usual routine and saw the benefits. I just don't know man ?

Multi task stability, good.

reginsummit - August 3, 2026, 11:49 pm

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For sure sleep