



DAILY REMINDERS



HYDRATE

drink 6-8 oz of water

MOVEMENT

get in at least 30 mins of exercise

MINDFULNESS

journal

REST

get 8 hours of sleep

MEALS

stick to the meal plan

I AM WORTHY. I LOVE AND ACCEPT MYSELF FULLY.



Today I will feel:

Today I will:

After eating today I felt:

Today I'm grateful for: