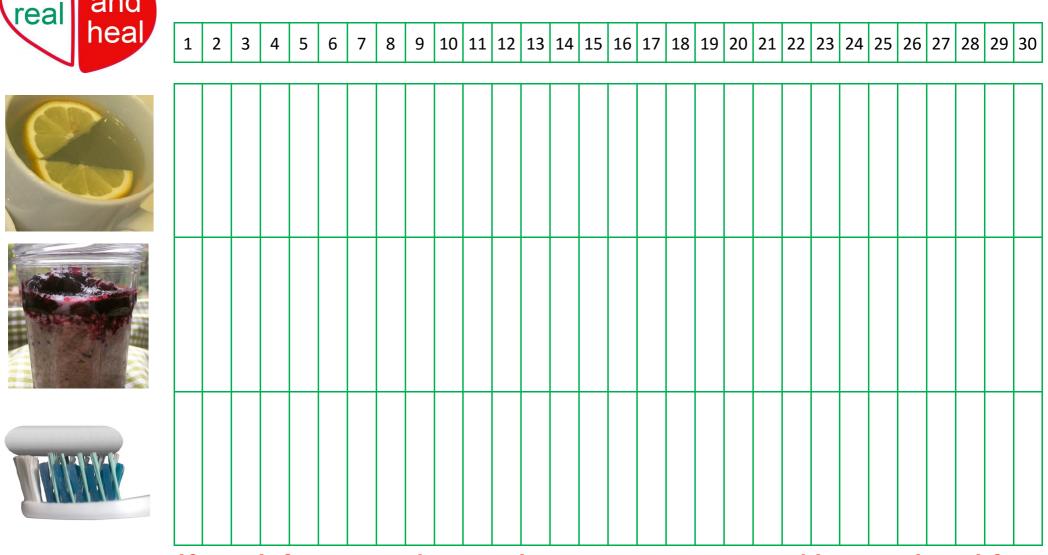


30 DAY Eat Real and Heal HABIT TRACKER



Give yourself a tick for every day you have warm water and lemon, breakfast and brush your teeth after dinner