

keep a diary

Throughout the next few weeks you will be transforming yourself, body, mind and soul!

THEREFORE, I WOULD RECOMMEND KEEPING A DIARY AND WRITING DOWN A PARAGRAPH OR TWO EACH DAY ABOUT WHAT YOU EXPERIENCE ON THIS JOURNEY.

Not only will you get to know what foods make you thrive, but this is a great way to monitor the positive changes that take place along the way. If you are struggling with anything over the next few weeks, it is also a fantastic outlet for toxic thoughts and to discover what is really going on behind the scenes for you!

Most importantly make sure you write down your future goals, aspirations and what you would like to do next, now that you are healthy, happy and ready to take on the world as your best self.

keep a diary

WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

keep a diary

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

keep a diary

WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

keep a diary

WEEK 4

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday