WEEKLY HABITS

٨.	FLUSH	1
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NO III		1818
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week of:

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IMPROVE VAGAL TONE	М	Т	W	Т	F	S	S
cold exposure							
RELEASE TRAPPED							
EMOTIONS	М	Т	W	Т	F	S	S
body shaking/dancing							
LYMPHATIC DRAINAGE	М	Т	W	Т	F	S	S
at least 30 minutes of movement							

WEEKLY HABITS

FLUSH	
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week of: _____

DETOVICIOATION CURRORT	N #	_	\^/		F		
DETOXIFICATION SUPPORT	М	Т	W	Т	F	S	S
infrared sauna							
	М	Т	W	Т	F	S	S
	М	Т	W	Т	F	S	S