

What I Ate For...

meal one: _____

meal two: _____

meal three: _____

meal four: _____

snacks: _____

Bowel Movements & Quality

- _____
- _____
- _____
- _____

Sleep Time & Quality

asleep: _____]

woke up: _____]

- excellent good
- fair poor

Exercise

Time: _____

duration: _____

Type: _____

how it felt: _____

Mood & Energy

- excellent good
- fair poor

Water Intake, 8oz

}

Morning Routine

- cleanse, prep, moisturize face
- meditation: _____
- collagen peptides
- write out daily goals
- AM multivitamin
- _____
- _____
- _____

Evening Routine

- cleanse, prep, moisturize face
- PM multivitamin
- brush teeth
- _____
- _____
- _____

Choose One or More Detoxification Booster

- essential oils epsom salt bath
- rebound castor oil pack
- lemon water vegetable juice
- acupuncture massage
- bone broth dry brushing
- sauna reishi mushrooms
- broccoli sprouts _____

Choose One or More Physical Task

- strength train hike
- stretch/yoga _____
- walk _____

Today's

Goal: _____

Today's

Affirmation: _____

Today's Win: _____

Today's Gratitude: _____

Today's Notes: _____
