



# Daily Check List

Fall 2019  
5-Day Detox

## Monday 11/18

- ☐ Drank water (1/2 body weight in oz)
- ☐ Stuck to all the guidelines
- ☐ Walked or some form of exercise
- ☐ Ate mindfully
- ☐ Practiced gratitude or journaled
- ☐ Went to bed early

Notes:

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## Tuesday 11/19

- ☐ Drank water (1/2 body weight in oz)
- ☐ Stuck to all the guidelines
- ☐ Walked or some form of exercise
- ☐ Ate mindfully
- ☐ Practiced gratitude or journaled
- ☐ Went to bed early

Notes:

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## Wednesday 11/20

- ☐ Drank water (1/2 body weight in oz)
- ☐ Stuck to all the guidelines
- ☐ Walked or some form of exercise
- ☐ Ate mindfully
- ☐ Practiced gratitude or journaled
- ☐ Went to bed early

Notes:

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## Thursday 11/21

- ☐ Drank water (1/2 body weight in oz)
- ☐ Stuck to all the guidelines
- ☐ Walked or some form of exercise
- ☐ Ate mindfully
- ☐ Practiced gratitude or journaled
- ☐ Went to bed early

Notes:

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## Friday 11/22

- ☐ Drank water (1/2 body weight in oz)
- ☐ Stuck to all the guidelines
- ☐ Walked or some form of exercise
- ☐ Ate mindfully
- ☐ Practiced gratitude or journaled
- ☐ Went to bed early

Notes:

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