

Daily Check List

Fall 2019 5-Day Detox

Wednesday 11/20

Drank water (1/2 body weight in oz)

| Walked or some form of exercise

Practiced gratitude or journaled

Stuck to all the guidelines

__ Ate mindfully

Notes:

Went to bed early

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

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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

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Friday 11/22

Tuesday 11/19

Drank water (1/2 body weight in oz)

Walked or some form of exercise

Practiced gratitude or journaled

Stuck to all the guidelines

Ate mindfully

Notes:

Went to bed early

- 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: