

Daily Check List

Winter 5-Day Detox

Monday 1/14	Tuesday 1/15
Drank water (1/2 body weight in oz)	Drank water (1/2 body weight in oz)
Stuck to all the guidelines	Stuck to all the guidelines
Walked or some form of exercise	Walked or some form of exercise
Ate mindfully	Ate mindfully
Practiced gratitude or journaled	Practiced gratitude or journaled
Went to bed early	Went to bed early
Notes:	Notes:

Wednesday 1/16

	Drank v	water	(1/2)	body	y weight	in	OZ
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$_$ Stuck to all the guideline	nes
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Ate	mi	nd	tu	llv

- Practiced gratitude or journaled
- ☐ Went to bed early

Notes:			

Thursday 1/17

- 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 1/18

- ____ 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: