



Daily Check List

Winter
5-Day Detox

Monday 1/14

- ☐ 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:

Tuesday 1/15

- ☐ 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:

Wednesday 1/16

- ☐ 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:

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

Notes:

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:
