



# Daily Check List

Winter 2020  
5-Day Detox

## Monday 1/13

- ☐ 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 1/14

- ☐ 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:

---

---

---

## Wednesday 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:

---

---

---

## Thursday 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:

---

---

---

## Friday 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:

---

---

---