

Prepare for Week 4

Date _____

Reintroduction week

Continue taking your Life Shake and vitamins daily.
Introduce a new food every 2 or more days.

Take note of any bodily responses to reintroduced food and record them here and/or in your **Food Reintroduction Chart** on page 24. If it isn't sitting well or causing gas, bloating, or other issues, remove it.

FOOD ITEM		HOW DID I FEEL?
MON TUE	NUTS Almonds, cashews, pistachios, walnuts, pecans; shoot for raw or dry roasted (no oil in the ingredients). <u>Serving size</u> = ¼ cup nuts or 1-2 Tbsp. nut butter.	
WED THU	LEGUMES Beans (pinto, black, garbanzo), peas, lentils. <u>Replace</u> 1-2 meats with legumes each week!	
FRI SAT	DAIRY Always organic if possible. Plain yogurt/kefir, no flavored/unflavored. Organic cheese or hard cheese, hard/aged = less lactose.	
SUN	WHEAT/GLUTEN Bread, pasta, crackers, cereal. Avoid added sugars in ingredients.	

Week 4 Habit Tracker

Date _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Vitamins							
Life Shake							
Drink 80 oz. of water							
Cleanse-approved diet							
30 minutes of exercise/movement							
Read 10 pages of a personal development book							
Sleep 7 hours or more							
Complete your Daily Check-In							
TOTAL POINTS							

“Momentum (Big Mo) is, without doubt, one of the most powerful and enigmatic forces of success.”

—Darren Hardy

Let your Ambassador know how you did.

Week 4 Daily Check-In

 Date _____

MONDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

TUESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

WEDNESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

THURSDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

FRIDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

SATURDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

SUNDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

Week 4 Recap

Your Wins

Biggest physical changes felt

Biggest mental changes felt

Biggest emotional changes felt

List three things you are proud of accomplishing or sticking to this week

- 1

- 2

- 3

How can I continue to work toward my 30-day health goal next week?

☐

Take a Progress Picture

☐

Record your weight and inches on the weight tracker on page 10

☐

Record in your Wellness Diary daily