

7-Day Healthy Cleanse Week

	MON	TUE	WED	THU	FRI	SAT	SUN
AM Packet							
PM Packet							
Life Shake (optional)							
Drink 80 oz. of water							
Cleanse-approved diet							
30 minutes of gentle exercise/movement such as walking and stretching							
15 minutes of personal development							
Sleep at least 7 hours							
Complete your Daily Check-In							
TOTAL POINTS							

Week 1 Daily Check-In

Date _____

Your Wellness Diary

Rate yourself 1-10. 1 = very poor, 10 = feeling amazing.

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 1 Recap

Take 5 minutes to complete this at the end of each week.

Congratulations! You made it through the 7-Day Healthy Cleanse! We know it wasn't easy and you should be proud of yourself for accomplishing something this hard. It's a great jump start to a healthier lifestyle. Record your biggest wins and changes.

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

Ready to start Week 2 on the right track? Plan your meals with our Meal Planner in the Resources section on pages 48-51.

Share your results with your Ambassador and let them know what is going well and where you need extra support! Remember, they want to help and see you succeed in accomplishing your goals!

Feel amazing? Share your health journey with your friends and on social media. Don't forget to include **#ReadySetWellness**.