

Daily Tracking System

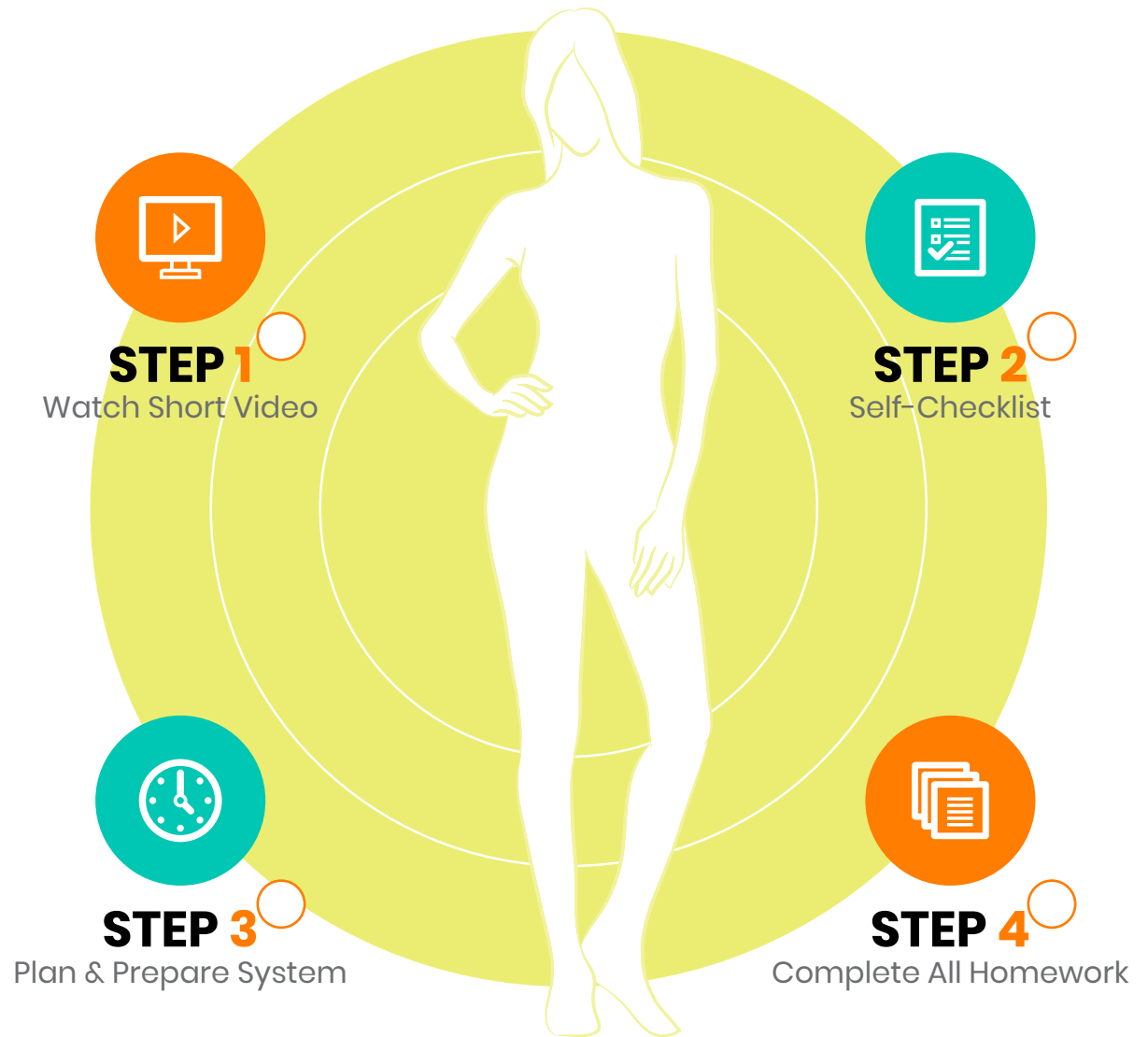
Go  Vegan!

4 Step Checklist

We Suggest:

- study 6 days per week, 1/2 hour daily – or more!

- commit to daily study and protect your time!



“I Am Growing More Healthy Every Day”

Set Your Mind for Success

Health is a Habit

SELF-CHECKLIST

fill out in the morning (or when you can)



Check My Body	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Eyes goal: clear no puff or discoloration	clear mucous puffy dark circles red	clear mucous puffy dark circles red	clear mucous puffy dark circles red	clear mucous puffy dark circles red	clear mucous puffy dark circles red	clear mucous puffy dark circles red	clear mucous puffy dark circles red
Skin goal: clear, shining	clear splotchy pus rash brown spots	clear splotchy pus rash brown spots	clear splotchy pus rash brown spots	clear splotchy pus rash brown spots	clear splotchy pus rash brown spots	clear splotchy pus rash brown spots	clear splotchy pus rash brown spots
Tongue Coating goal: little to no coat	mild med heavy	mild med heavy	mild med heavy	mild med heavy	mild med heavy	mild med heavy	mild med heavy

My Practices	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga/Exercise							
Additional							

Food Diary							
Write here what my body likes and what it doesn't, how I feel after eating, etc.							

My Well-Being Diary