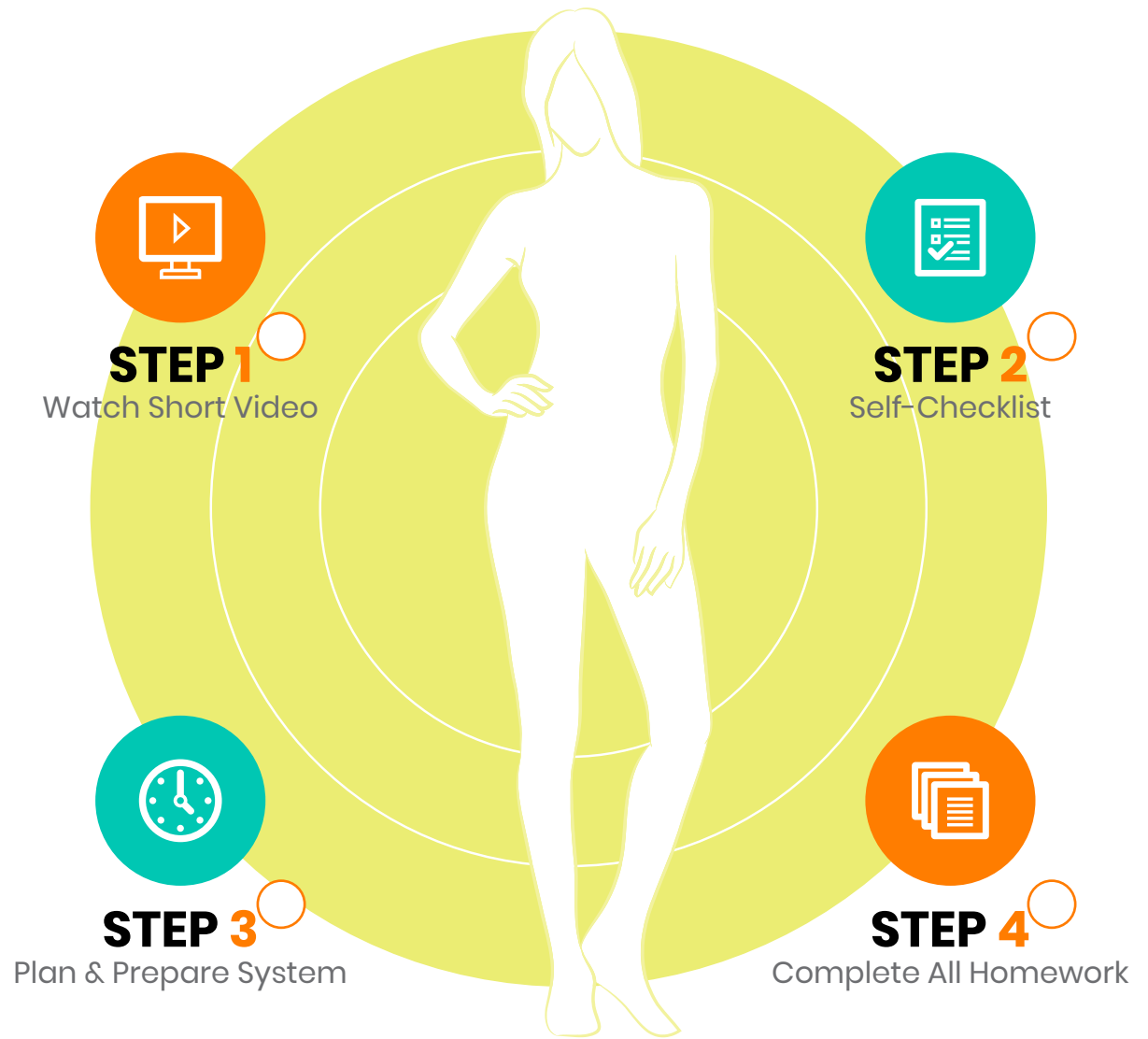


# Daily Tracking System

*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
<b>Eyes</b> 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
<b>Skin</b> 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
<b>Tongue Coating</b> 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*