## **How to Use the Daily Wellness Tracker**

This **Daily Wellness Tracker** is designed to help you develop awareness of your habits, patterns, and progress as you integrate the Pink Salt Trick and other wellness strategies into your routine. By filling it out daily, you'll gain valuable insights into how your body and mind respond to your rituals, meals, and lifestyle choices. Here's a step-by-step guide on how to use each section:

### **Morning Rituals Checklist**

Start your day with intention. This section allows you to check off specific morning wellness habits that support metabolism, hydration, mental clarity, and overall well-being. Simply place a checkmark next to the habits you complete each morning. The final prompt invites you to reflect on one thing you're grateful for, which can help cultivate a positive mindset.

### **Mood & Energy Levels**

Track how you feel emotionally and physically each day. Use the mood scale to note your emotional state and rate your energy level from 1 (very low) to 10 (very high). The notes section allows you to identify any contributing factors like stress, sleep quality, or emotional triggers. Over time, this can reveal patterns between your lifestyle and your mood or energy.

# **Cravings & Digestion Log**

This section helps you understand your body's responses throughout the day. Record any cravings you experience, their intensity, whether or not you gave in, and what you chose to eat instead. Also, note how your digestion feels—whether you experienced bloating, discomfort, or other digestive issues. This can highlight connections between specific foods, emotional states, and physical responses.

#### Weight & Measurement Check

Use this optional section once or twice a week to record your weight and body measurements. This is not about daily fluctuations but tracking long-term trends. Record measurements such as waist, hips, chest, arms, or thighs, depending on your goals. This data provides a fuller picture of your progress beyond just the scale.

# **Daily Reflection**

Take a moment at the end of your day to reflect. Note what went well, what challenges you encountered, and what you can improve the next day. Setting a simple intention for tomorrow helps you stay focused and committed to your goals.

**Consistency is key.** You don't need to be perfect every day. This tracker is a tool for self-awareness, not judgment. Over time, it will help you make more informed decisions, stay motivated, and notice the subtle improvements that lead to long-term change.

Daily	vv eiiness	1 racker			
Day 1					
Date: Day of the Week:					
<b>₽</b> Mo	rning Ritu	als Checklist			
Check o	off each hal	pit you completed this m	norning:		
•	□10-Minut □ Nourishi □ Glass of	t Morning Elixir te Exercise ng Breakfast Water (before coffee/te te Journal (write 1 thing			
Mood (	od & Ener (circle one)		Irritable 😵	Sad 🚱 Tired	
_	(rate 1–10 2 3 4 5	9): 5 6 7 8 9 10			
Notes (	stress level	, emotions, triggers):			
Cra	avings & D	igestion Log			
Time	Craving	Craving Intensity (1–10)	Gave In?	What You Ate Instead	Notes on Digestion
		(1–10)	☐ Yes ☐	msteau	Digestion
			No		
			☐ Yes ☐ No		

Bloating, Gas, or Discomfort?					
□ None □ Mild □ Moderate □ Severe					
<b>Bowel Movements Today?</b> □ Yes □ No  Notes:					
Weight & Measurement Check (Optional - 1–2x per week)					
Weight: lbs         Waist: in           Hips: in         Chest: in					
Other (arms, thighs, etc.):					
✓ Daily Reflection					
What went well today?					
What could improve tomorrow?					
What is your intention for tomorrow?					

Day 2	Day 2					
Date: Day of the Week:						
∰ Moi	rning Ritu	als Checklist				
Check o	ff each hab	it you completed this m	orning:			
• [	□10-Minut □ Nourishi □ Glass of	Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)				
Mood (december of the second s	(rate 1–10 3 4 5	eutral ② Low ②	Irritable 😥	Sad 🚱 Tired		
🏿 Cra	vings & D	igestion Log				
Time	Craving	Craving Intensity (1–10)	Gave In?	What You Ate Instead	Notes on Digestion	
			☐ Yes ☐ No			
			☐ Yes ☐ No			
<b>Bloatin</b> ; □ None		<b>Discomfort?</b> ☐ Moderate ☐ Sev	ere			

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 3							
Date: _ Day of	the Week:		Day of the Week:				
<b>②</b> Mo	rning Ritu	als Checklist					
Check o	off each hab	it you completed this m	norning:				
•	☐ Pink Salt	Morning Elixir					
•	□10-Minut	e Exercise					
•	□ Nourishi	ng Breakfast					
		Water (before coffee/te	*				
•	☐ Gratitude	e Journal (write 1 thing)	):				
Mood (	od & Energicircle one):	:	Irritable 😥	Sad 🚱 Tired			
Mood (	(circle one): opy	eutral ② Low 😥	Irritable 😥	Sad 🕃 Tired			
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② N  (rate 1–10 2 3 4 5  stress level,	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):		Sad Tired  What You Ate	Notes on		
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Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② N  (rate 1–10 2 3 4 5  stress level,	eutral ② Low ②  ): 6 7 8 9 10  , emotions, triggers):  igestion Log  Craving Intensity	Gave In?	What You Ate			

Bowel Movements Today?□ Yes □ No Notes:				
Weight & Measurement Check (Optional - 1–2	2x per week)			
Weight: lbs in         Waist: in           Hips: in Chest: in         Other (arms, thighs, etc.):				
<b>✓</b> Daily Reflection				
What went well today?				
What could improve tomorrow?				
What is your intention for tomorrow?				

Date: Day of the Week:					
 <b>‡</b> Мо	rning Ritu	als Checklist			
Check (	off each hab	oit you completed this m	orning:		
•	□10-Minut □ Nourishi □ Glass of	t Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)	*		
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Mood (  Hap  Hap  Hap  Notes (	(circle one) ppy ① N (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  1): 15 6 7 8 9 10  16 emotions, triggers):  16 igestion Log			Notes on
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<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 5					
Date: Day of the Week:					
<b>⊘</b> Mo	rning Ritu	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□ Pink Salt	Morning Elixir			
	□10-Minut	•			
•	□ Nourishi	ng Breakfast			
		Water (before coffee/te	,		
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energicircle one):	:	Irritable 😥	Sad 🚱 Tired	
Mood ( ⊕ Ha <sub>l</sub> Energy  ☐ 1 2	circle one): opy	eutral 😩 Low 😥	Irritable 😥	Sad 🐯 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② N  (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):			
Mood (  Hap  Hap  Hap  Notes (	circle one): opy	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):	Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② N  (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  ):  6 7 8 9 10  , emotions, triggers):  igestion Log  Craving Intensity	Gave In?  □ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② N  (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  ):  6 7 8 9 10  , emotions, triggers):  igestion Log  Craving Intensity	Gave In?	What You Ate	

Bowel Movements Today?□ Yes □ No Notes:				
Weight & Measurement Check (Optional - 1-2x	x per week)			
Weight: lbs in         in				
✓ Daily Reflection				
What went well today?				
What could improve tomorrow?				
What is your intention for tomorrow?				

Day 6					
Date: Day of the Week:					
<b>⊕</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	☐ Pink Salt	Morning Elixir			
•	□10-Minute	e Exercise			
•	□ Nourishii	ng Breakfast			
		Water (before coffee/te	*		
•	☐ Gratitude	Journal (write 1 thing)	):		
Mood (	od & Energicircle one):	_	Irritable 😥	Sad 🕏 Tired	
Mood ( ⊕ Hap Energy  ☐ 1 2	circle one): opy ① No (rate 1–10) 2 3 4 5	eutral ② Low ②	Irritable 😥	Sad 🕃 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  6 7 8 9 10  emotions, triggers):  gestion Log			
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  emotions, triggers):	Irritable &	Sad  Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  1:  1:  1:  2:  3:  4:  5:  6:  7:  8:  9:  10  10  10  10  10  10  10  10  10  1	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  1:  1:  1:  2:  3:  4:  5:  6:  7:  8:  9:  10  10  10  10  10  10  10  10  10  1	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 7					
Date: _					
Day of	the Week:		_		
<b>∳</b> Mo	rning Ritu	als Checklist			
Check o	off each hal	oit you completed this m	norning:		
•	☐ Pink Sal	t Morning Elixir			
	□10-Minut	<u>-</u>			
•	□ Nourishi	ng Breakfast			
•	☐ Glass of	Water (before coffee/te	ea)		
•	☐ Gratitud	e Journal (write 1 thing	):		
Mood (	od & Ener circle one) opy 😐 N		Irritable 😥	Sad 🕃 Tired	
Mood (	circle one) ppy ① N (rate 1–10 2 3 4 5	: eutral 😩 Low 😧	Irritable 😥	Sad 🚱 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one) opy ① N (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  6 6 7 8 9 10	Irritable ②	Sad  Tired	Notes on
Mood (  Hap  Hap  Hap  Notes (	circle one) opy  (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  10: 15: 16: 16: 17: 18: 19: 19: 19: 19: 19: 10: 10: 10: 10: 10: 10: 10: 10: 10: 10	Gave In?		Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one) opy  (rate 1–10 2 3 4 5 stress level	eutral Dow Dow Op:  6 6 7 8 9 10  cemotions, triggers):  igestion Log  Craving Intensity	Gave In?	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one) opy  (rate 1–10 2 3 4 5 stress level	eutral Dow Dow Op:  6 6 7 8 9 10  cemotions, triggers):  igestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1-2x	x per week)
Weight: lbs in         in	
✓ Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 8					
Date: _					
Day of	the Week:		_		
<b>҈</b> Mo	rning Ritu	als Checklist			
Check o	off each hal	oit you completed this n	norning:		
•	☐ Pink Sal	t Morning Elixir			
	□10-Minut	•			
•	□ Nourishi	ng Breakfast			
•	☐ Glass of	Water (before coffee/te	ea)		
•	☐ Gratitud	e Journal (write 1 thing	):		
Mood (	od & Ener	: 	Irritable 😥	Sad 🚱 Tired	
Mood ( ⊕ Ha <sub>l</sub> Energy  ☐ 1 2	circle one) ppy ① N (rate 1–10 2 3 4 5	: Teutral 😩 Low 😧	Irritable 😥	Sad 🕃 Tired	
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Mood (  Hap  Hap  Hap  Notes (	circle one) opy  N (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  6 6 7 8 9 10  7 emotions, triggers):	Irritable 😥 Gave In?	Sad  Tired  What You Ate Instead	Notes on Digestion
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Mood (  Hap  Hap  Hap  Notes (	circle one) opy  N (rate 1–10 2 3 4 5 stress level	eutral Dow Dow Dow Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 9					
Date: _	41 . 337 1				
Day of	the Week:		_		
<b>҈</b> Mo	rning Ritu	als Checklist			
Check o	off each hal	oit you completed this m	orning:		
•	□ Pink Sal	t Morning Elixir			
•	□10-Minut	e Exercise			
•	□ Nourishi	ng Breakfast			
•	☐ Glass of	Water (before coffee/te	ea)		
•	☐ Gratitud	e Journal (write 1 thing)	):		
Mood (	od & Ener circle one) opy ⊕ N		Irritable 😥	Sad 🚱 Tired	
Mood ( ⊕ Ha <sub>l</sub> Energy  ☐ 1 2	circle one) opy	eutral 😩 Low 😥	Irritable 😥	Sad 🚱 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one) opy   (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  1): 16 6 7 8 9 10  17, emotions, triggers):	Irritable 😵	Sad 🚱 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one) opy   (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  1): 16 6 7 8 9 10  1, emotions, triggers):  1 igestion Log  Craving Intensity	Irritable  Gave In?	What You Ate	Notes on
Mood (  Hap  Hap  Hap  Notes (	circle one) opy   (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  10: 15: 16: 16: 17: 18: 19: 19: 16: 16: 17: 18: 18: 18: 18: 18: 18: 18: 18: 18: 18	Gave In?		Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one) opy   (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  1): 16 6 7 8 9 10  1, emotions, triggers):  1 igestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one) opy   (rate 1–10 2 3 4 5 stress level	eutral ② Low ②  1): 16 6 7 8 9 10  1, emotions, triggers):  1 igestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2x	per week)
Weight: lbs in         in           Hips: in Chest: in         in           Other (arms, thighs, etc.):         in	_
✓ Daily Reflection  What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
	rning Ritua	als Checklist			
Check o	off each hab	it you completed this n	norning:		
•	☐ Pink Salt	Morning Elixir			
	□10-Minute	•			
•	□ Nourishii	ng Breakfast			
		Water (before coffee/te	,		
•	☐ Gratitude	Journal (write 1 thing	):		
Mood (	od & Energ		Irritable 😂	Sad 3 Tired	
Mood ( ⊕ Hap Energy  ☐ 1 2	circle one): opy ① No (rate 1–10) 2 3 4 5	eutral ② Low 😧	Irritable 😥	Sad 🚱 Tired	
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10	Irritable 😥	Sad 😍 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10 emotions, triggers):	Irritable ② Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  1:  1:  1:  2:  3:  4:  4:  5:  5:  6:  7:  8:  8:  9:  10  10  10  10  10  10  10  10  10  1	Gave In?  □ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  1:  1:  1:  2:  3:  4:  4:  5:  5:  6:  7:  8:  8:  9:  10  10  10  10  10  10  10  10  10  1	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>‡</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	☐ Pink Salt	Morning Elixir			
•	□10-Minute	e Exercise			
		ng Breakfast			
		Water (before coffee/te	<i>'</i>		
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	ood & Energ				
Mood (  Hap  Hap  Hap	(circle one): ppy ① No (rate 1–10) 2 3 4 5	eutral ② Low 😧	Irritable 😥	Sad 🐯 Tired	
Mood (  Hap  Hap  Hap	(circle one): ppy ① No (rate 1–10) 2 3 4 5	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😥	Sad 🚱 Tired	
Mood (  Hap  Hap  Hap  Notes (	(circle one): ppy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😥	Sad 😍 Tired	
Mood (  Hap  Hap  Hap  Notes (	(circle one): ppy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10  emotions, triggers):	Irritable   Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	(circle one): ppy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	(circle one): ppy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1-2x	x per week)
Weight: lbs in         in	
✓ Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: _ Day of	the Week:		_		
<b>҈</b> Mo	rning Ritu	als Checklist			
Check o	off each hab	it you completed this m	orning:		
•	☐ Pink Salt	Morning Elixir			
•	□10-Minut	e Exercise			
•	□ Nourishi	ng Breakfast			
		Water (before coffee/te	*		
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energicircle one):		Irritable 😭	Sad 🗭 Tired	
Mood ( ⊕ Ha <sub>l</sub> Energy  ☐ 1 2	(circle one): opy	eutral ② Low 😧	Irritable 😥	Sad 😌 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy   N  (rate 1–10 2 3 4 5  stress level,	eutral ② Low ②  1:  1:  1:  1:  1:  1:  1:  1:  1:  1	Irritable 😥	Sad 😌 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy   N  (rate 1–10 2 3 4 5  stress level,	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):	Irritable ② Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② N  (rate 1–10 2 3 4 5  stress level,	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):  igestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② N  (rate 1–10 2 3 4 5  stress level,	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):  igestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2)	x per week)
Weight: lbs in         Waist: in           Hips: in Chest: in         Other (arms, thighs, etc.):	
✓ Daily Reflection  What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>₿</b> Mo	rning Ritu	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□10-Minut □ Nourishi □ Glass of	Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)			
Mood ( ⊕ Hap Energy	(rate 1–10	eutral ② Low ②	Irritable 😥	Sad 🕃 Tired	
Notes (s	stress level	, emotions, triggers):			
Cra	nvings & D	igestion Log			
Time	Craving	Craving Intensity	C I9	What You Ate	
	Cruving	Craving Intensity (1–10)	Gave In?	Instead	Notes on Digestion
			Gave in?  ☐ Yes ☐ No		

	ments Today?□ Yes □ No		
Weight &	k Measurement Check (Optiona	l - 1–2x per week	
Hips:	lbs	in	
Daily Ref			
What could in	mprove tomorrow?		
What is your i	intention for tomorrow?		

Date: Day of the Week:					
<b>♦</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□ Pink Salt	Morning Elixir			
•	□10-Minut	e Exercise			
•	□ Nourishi	ng Breakfast			
		Water (before coffee/te			
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energicircle one):  opy   No		Irritable 😜	Sad 😌 Tired	
Mood (	circle one): opy	eutral ② Low 😧	Irritable 😥	Sad 🕃 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Irritable &	What You Ate	Notes on
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1.  1.  1.  1.  1.  1.  1.  1.  1.  1	Gave In?		Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity		What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2x	per week)
Weight: lbs         in           Hips: in         Chest: in           Other (arms, thighs, etc.):	
✓ Daily Reflection  What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
🅸 Mo	rning Ritu	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□10-Minut □ Nourishi □ Glass of	Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)			
~ ··-·	od & Energ	DV			
Hap Energy	(rate 1–10 2 3 4 5	eutral ② Low ② ): 6 7 8 9 10	Irritable 😥	Sad 🕃 Tired	
⊕ Hap Energy ☐ 1 2	opy	eutral ② Low ②	Irritable 😥	Sad 🚱 Tired	
⊕ Hap Energy ☐ 1 2	opy	eutral ② Low ② ): 6 7 8 9 10	Irritable 😵	Sad 🕃 Tired	
Hape Hape Hape Hape Hape Hape Hape Hape	repry (P) N  (rate 1–10  2 3 4 5  stress level,	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):			
Hape Hape Hape Hape Hape Hape Hape Hape	opy ① N (rate 1–10 2 3 4 5 stress level	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):	Irritable 😵	Sad Tired  What You Ate Instead	Notes on Digestion
Hape Hape Hape Hape Hape Hape Hape Hape	repry (P) N  (rate 1–10  2 3 4 5  stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4 emotions, triggers):  1:  1:  1:  1:  1:  1:  1:  1:  1:		What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No Notes:	
Weight & Measurement Check (Optional - 1–2	2x per week)
Weight: lbs in         Waist: in           Hips: in Chest: in         Other (arms, thighs, etc.):	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>‡</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	☐ Pink Salt	Morning Elixir			
•	□10-Minut	e Exercise			
		ng Breakfast			
		Water (before coffee/te	<i>'</i>		
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	ood & Energ				
Mood (	(circle one): ppy	eutral ② Low 😧	Irritable 😥	Sad 🕏 Tired	
Mood (	(circle one): ppy	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😥	Sad 🕃 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): ppy ② No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😥	Sad Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): ppy ② No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ②  ):  6 7 8 9 10  , emotions, triggers):	Irritable 😂 Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	(circle one): ppy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	(circle one): ppy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>҈</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	☐ Pink Salt	Morning Elixir			
	□10-Minut	•			
•	□ Nourishi	ng Breakfast			
•	☐ Glass of	Water (before coffee/te	ea)		
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energ		Irritable 😥	Sad 🧐 Tired	
Mood (	circle one): opy	eutral ② Low 😧	Irritable 😥	Sad 😌 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  ):  6 7 8 9 10	Irritable 😥	Sad 🔮 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10  emotions, triggers):	Gave In?	Sad  Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1-2x	x per week)
Weight: lbs in         in	
✓ Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
———	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□ Pink Salt	Morning Elixir			
	□10-Minute	•			
•	□ Nourishii	ng Breakfast			
		Water (before coffee/te	,		
•	☐ Gratitude	Journal (write 1 thing	):		
Mood (	od & Energ		Invitable (2)	Sad Parad	
Mood ( ⊕ Hap Energy  ☐ 1 2	circle one): opy ① No (rate 1–10) 2 3 4 5	eutral ② Low ②	Irritable 😥	Sad 🚱 Tired	
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10	Irritable 😥	Sad 🕞 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10 emotions, triggers):	Irritable ② Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  6 7 8 9 10  emotions, triggers):  gestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  6 7 8 9 10  emotions, triggers):  gestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 19					
Date: Day of the Week:					
🅸 Moi	rning Ritu	als Checklist			
Check o	ff each hab	oit you completed this m	orning:		
• [	□10-Minut				
• [	☐ Glass of	ng Breakfast Water (before coffee/te e Journal (write 1 thing)			
Mood (  Hap  Hap	(rate 1–10	eutral ② Low ②	Irritable 😵	Sad 🕃 Tired	
Notes (s	stress level	, emotions, triggers):			
		igestion Log	Cove In 9	What Var. A4a	Notes ar
Time	Craving	Craving Intensity (1–10)	Gave In?	What You Ate Instead	Notes on Digestion
			☐ Yes ☐ No		
			☐ Yes ☐ No		
<b>Bloatin</b> ; □ None		<b>Discomfort?</b> ☐ Moderate ☐ Sev	ere		

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2x	x per week)
Weight: lbs in         in	
✓ Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 20					
Date: Day of the Week:					
 <b>©</b> Мо	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	☐ Pink Salt	Morning Elixir			
•	□10-Minut	e Exercise			
•	□ Nourishi	ng Breakfast			
		Water (before coffee/te			
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energicircle one):		Irritable 😂	Sad 🦃 Tired	
Mood ( ⊕ Ha <sub>l</sub> Energy  ☐ 1 2	circle one): opy	eutral 😩 Low 😥	Irritable 😥	Sad 🐯 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1.  1.  1.  1.  1.  1.  1.  1.  1.  1			
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10  emotions, triggers):	Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>∲</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□10-Minut □ Nourishi □ Glass of	Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)	<i>'</i>		
Mood ( ⊕ Hap Energy ☐ 1 2	(rate 1–10 2 3 4 5	eutral ② Low ② ): 6 7 8 9 10	Irritable 😵	Sad 🕃 Tired	
Mood ( ⊕ Hap Energy ☐ 1 2	circle one): opy	eutral ② Low ②	Irritable 😥	Sad 😚 Tired	
Mood ( ⊕ Hap Energy ☐ 1 2	circle one): opy	eutral ② Low ② ): 6 7 8 9 10	Irritable 😥	Sad 🕃 Tired	
Mood (  Hap  Hap  Energy  1 2  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10	Irritable 😥	Sad 🕃 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers):	Irritable 😥 Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Description  Hap  Hap  Hap  Hap  Hap  Hap  Hap  Ha	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  ):  6 7 8 9 10  , emotions, triggers):  igestion Log  Craving Intensity		What You Ate	Notes on Digestion

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2x	x per week)
Weight: lbs in         in	
✓ Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 22					
Date: Day of the Week:					
<b>∳</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□ Pink Salt	Morning Elixir			
	□10-Minut	•			
•	□ Nourishi	ng Breakfast			
		Water (before coffee/te			
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energicircle one):		Irritable 😝	Sad 🐯 Tired	
Mood (	circle one): opy	eutral 😩 Low 😥	Irritable 😥	Sad 🐯 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1.  1.  1.  1.  1.  1.  1.  1.  1.  1			
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10  emotions, triggers):	Gave In?	Sad  Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2)	x per week)
Weight: lbs in         Waist: in           Hips: in Chest: in         Other (arms, thighs, etc.):	
✓ Daily Reflection  What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>፟</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□10-Minut □ Nourishi □ Glass of	Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)	<i>'</i>		
Mood ( ② Ha <sub>l</sub> Energy  ☐ 1 2	(rate 1–10 2 3 4 5	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😵	Sad 🕃 Tired	
Mood (	circle one): opy	eutral ② Low ②	Irritable 😥	Sad ③ Tired	
Mood (	circle one): opy	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😥	Sad ③ Tired	
Mood (  Hap  Hap  Hap  Description:  Hotes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1.  6 7 8 9 10			
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  1:  1:  1:  2:  3:  4:  5:  6 7 8 9 10  4:  6:  6:  6:  6:  7:  8:  8:  9:  9:  9:  9:  9:  9:  9:  9	Irritable	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Description:  Hotes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  4:  4:  5:  6:  Craving Intensity		What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2x	x per week)
Weight: lbs in         in	
✓ Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>‡</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□ Pink Salt	Morning Elixir			
•	□10-Minut	e Exercise			
		ng Breakfast			
		Water (before coffee/te	<i>*</i>		
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energ				
Mood (	(circle one): opy	eutral ② Low 😧	Irritable 😥	Sad 🕃 Tired	
Mood (	(circle one): opy ① No (rate 1–10) 2 3 4 5	eutral ② Low ②  1.  1.  1.  1.  1.  1.  1.  1.  1.  1	Irritable 😥	Sad 🕃 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ②  1.  1.  1.  1.  1.  1.  1.  1.  1.  1	Irritable 😥	Sad Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ②  ):  6 7 8 9 10  , emotions, triggers):	Irritable &	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>∳</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□10-Minut □ Nourishi □ Glass of	Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)			
res					
Mood (	(rate 1–10 2 3 4 5	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😵	Sad 🚱 Tired	
Mood (	circle one): opy	eutral ② Low ②	Irritable 😥	Sad ③ Tired	
Mood (	circle one): opy	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😥	Sad ③ Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😥	Sad	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  1:  1:  1:  2:  3:  4:  5:  6 7 8 9 10  4:  6:  6:  6:  6:  7:  8:  8:  9:  9:  9:  9:  9:  9:  9:  9	Irritable	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  4:  4:  5:  6:  Craving Intensity		What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2x	x per week)
Weight: lbs in         in	
✓ Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:					
<b>∳</b> Mo	rning Ritua	als Checklist			
Theck o	off each hab	it you completed this m	norning:		
•	□10-Minut □ Nourishi □ Glass of	Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)			
<b>-</b>					
Mood (	(rate 1–10 2 3 4 5	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😵	Sad 🕃 Tired	
Mood (	circle one): opy	eutral ② Low ②	Irritable 😥	Sad ③ Tired	
Mood (	circle one): opy	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😥	Sad ③ Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1.  6 7 8 9 10	Irritable 😂	Sad 🕃 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  1:  1:  1:  2:  3:  4:  5:  6 7 8 9 10  4:  6:  6:  6:  6:  7:  8:  8:  9:  9:  9:  9:  9:  9:  9:  9	Irritable	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  4:  4:  5:  6:  Craving Intensity		What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 20					
Date: Day of the Week:					
<b>⊕</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□ Pink Salt	Morning Elixir			
	□10-Minut	•			
•	□ Nourishi	ng Breakfast			
•	☐ Glass of	Water (before coffee/te	ea)		
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energicircle one):		Irritable 😥	Sad 🚱 Tired	
Mood (	circle one): opy	eutral 😩 Low 😥	Irritable 😥	Sad 🐯 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1.  1.  1.  1.  1.  1.  1.  1.  1.  1			
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10  emotions, triggers):	Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2x	per week)
Weight: lbs in         in           Hips: in Chest: in         in           Other (arms, thighs, etc.):         in	_
✓ Daily Reflection  What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 27	•				
Oate: Oay of the Week:					
Mo	rning Ritu	als Checklist			
heck c	off each hab	nit you completed this m	norning:		
•	☐ Pink Salt	Morning Elixir			
	□10-Minut				
		ng Breakfast	,		
		Water (before coffee/te e Journal (write 1 thing	<i>'</i>		
		souther (write 1 timig	)·	<del></del>	
ጓ мл	od & Fnor	ny I evels			
lood ( ) Hap nergy	(rate 1–10 2 3 4 5	: eutral 😩 Low 😧	Irritable 😵	Sad 🕃 Tired	
Mood (  Chergy  1 2  Notes (  Cra	circle one) opy  N (rate 1–10 2 3 4 5 stress level	eutral Dow Dow Craving Intensity	Irritable &	What You Ate	Notes on Digestion
Mood ( Hap Cnergy 1 2  Notes (s	circle one) opy  N (rate 1–10 2 3 4 5 stress level	eutral ② Low ② ): 6 7 8 9 10 , emotions, triggers): igestion Log			Notes on Digestion
Mood (  Hap  Cnergy  1 2  Notes (  Cra	circle one) opy  N (rate 1–10 2 3 4 5 stress level	eutral Dow Dow Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         Chest: in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 28	3				
Date: Day of the Week:					
Mo:	rning Ritu	als Checklist			
heck o	ff each hab	oit you completed this m	orning:		
•   •   •	□10-Minut □ Nourishi □ Glass of	t Morning Elixir e Exercise ng Breakfast Water (before coffee/te e Journal (write 1 thing)			
Mood ( Hap	(rate 1–10	: Teutral ② Low ②	Irritable 😵	) Sad 👶 Tired	
- Notes (s	stress level	, emotions, triggers):			
Cra	vings & D	igestion Log			
Time	Craving	Craving Intensity (1–10)	Gave In?	What You Ate Instead	Notes on Digestion
		(1 10)	☐ Yes ☐ No	Instead	Digestion
			No Yes □ No		
Bloatin	g, Gas, or l	Discomfort?			
□ None	e □ Mild	☐ Moderate ☐ Sev	ere		

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–2x	x per week)
Weight: lbs in         in	
✓ Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: Day of the Week:						
<b>∲</b> Mo	rning Ritua	als Checklist				
Check o	off each hab	it you completed this n	norning:			
•	□ Pink Salt	Morning Elixir				
	□10-Minute	•				
•	□ Nourishii	ng Breakfast				
		Water (before coffee/te	, and the second second			
•	☐ Gratitude					
Mood (	od & Energ					
Mood ( ⊕ Hap Energy  ☐ 1 2	circle one): opy	eutral ② Low 😧	Irritable 😥	Sad 🚱 Tired		
Mood (  Hap  Hap  Hap  Description:	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10	Irritable 😥	Sad 3 Tired		
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10 emotions, triggers):	Irritable 😥 Gave In?	Sad  Tired  What You Ate Instead	Notes on Digestion	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  1:  1:  1:  2:  3:  4:  4:  5:  5:  6:  7:  8:  8:  9:  10  10  10  10  10  10  10  10  10  1	Gave In?  ☐ Yes □	What You Ate		
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ① No (rate 1–10) 2 3 4 5 stress level, avings & Di	eutral ② Low ②  1:  1:  1:  1:  2:  3:  4:  4:  5:  5:  6:  7:  8:  8:  9:  10  10  10  10  10  10  10  10  10  1	Gave In?	What You Ate		

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Day 30	,				
Date: Day of the Week:					
<b>₽</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	□ Pink Salt	Morning Elixir			
	□10-Minut	•			
•	□ Nourishi	ng Breakfast			
		Water (before coffee/te			
•	☐ Gratitude	e Journal (write 1 thing)	):		
Mood (	od & Energicircle one):		Irritable 😥	Sad 🕞 Tired	
Mood ( ⊕ Ha <sub>l</sub> Energy  ☐ 1 2	circle one): opy	eutral 😩 Low 😥	Irritable 😥	Sad 😍 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1.  1.  1.  1.  1.  1.  1.  1.  1.  1			
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10  emotions, triggers):	Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No Notes:	
Weight & Measurement Check (Optional - 1–2	2x per week)
Weight: lbs in         Waist: in           Hips: in Chest: in         Other (arms, thighs, etc.):	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	

Date: _ Day of	the Week:		_		
<b>貸</b> Mo	rning Ritua	als Checklist			
Check o	off each hab	it you completed this m	norning:		
•	☐ Pink Salt	Morning Elixir			
•	□10-Minut	e Exercise			
•	□ Nourishi	ng Breakfast			
•	☐ Glass of	Water (before coffee/te	ea)		
•	☐ Gratitude	e Journal (write 1 thing)	):		
<b>ଢ଼</b> Mo	od & Energ	gy Levels			
Mood (	circle one): opy	eutral ② Low 😧	Irritable 😵	Sad 🔮 Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  ):  6 7 8 9 10	Irritable 😥	Sad ③ Tired	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ② ): 6 7 8 9 10  emotions, triggers):	Irritable 😥 Gave In?	Sad Tired  What You Ate Instead	Notes on Digestion
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?  ☐ Yes □	What You Ate	
Mood (  Hap  Hap  Hap  Notes (	circle one): opy ② No (rate 1–10 2 3 4 5 stress level,	eutral ② Low ②  1:  6 7 8 9 10  2:  4:  5 emotions, triggers):  6 digestion Log  Craving Intensity	Gave In?	What You Ate	

<b>Bowel Movements Today?</b> □ Yes □ No <b>Notes:</b>	
Weight & Measurement Check (Optional - 1–22	k per week)
Weight: lbs in         in         in         in         in         Other (arms, thighs, etc.):         in         in	
<b>✓</b> Daily Reflection	
What went well today?	
What could improve tomorrow?	
What is your intention for tomorrow?	