

**FIVE DAY RAW
FRUITS AND VEGETABLES
FASTING**



This Journal

Belongs to

PREPARATIONS

“The First Wealth Is Health.”

NOTES

M

T

W

STORES TO VISIT

PRODUCE TRACKER

Fruit



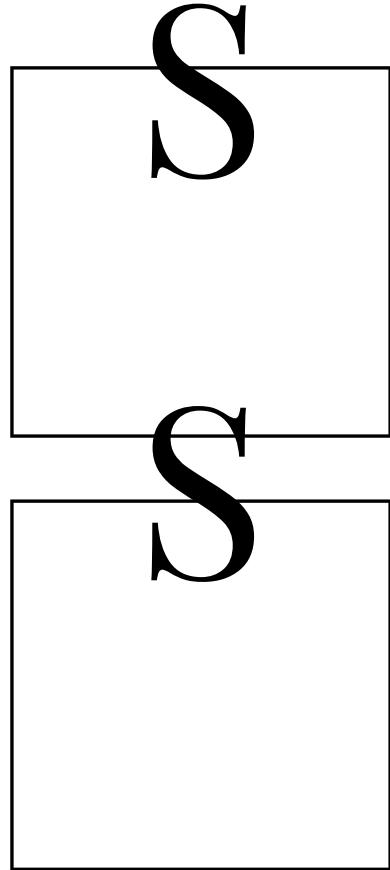
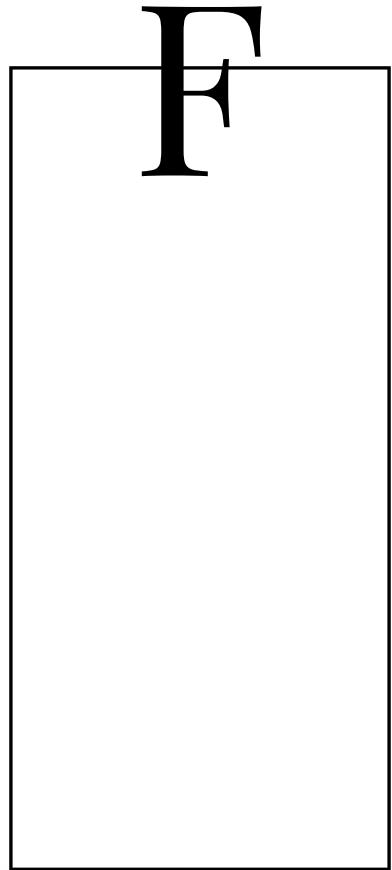
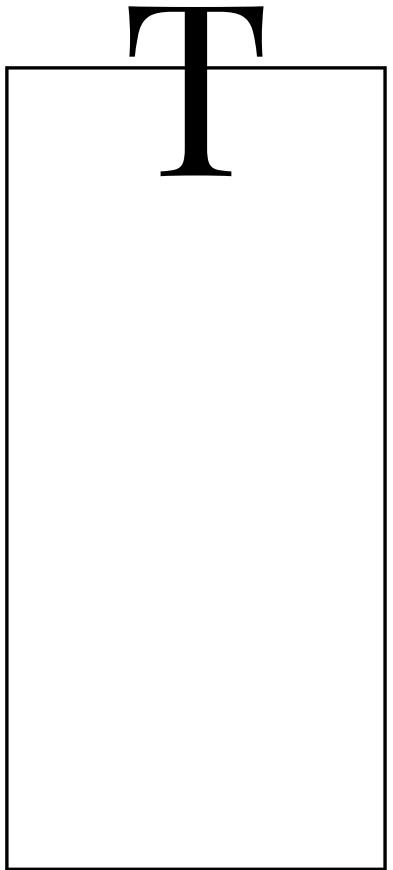
Veggie



○

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AVOID

Ex: Negative self talk. Group settings...

DAILY SELF CHECK IN

DATE

DAILY AFFIRMATION

WATER TRACKER



EXERCISE LOG

MOOD TRACKER



TODAY I AM GRATEFUL FOR:

1.

FRUITS & VEGGIES I ATE TODAY

2.

BREAKFAST

3.

LUNCH

DINNER

SNACKS

DRINKS

THINGS I CAN DO TO MAKE TODAY GREAT:

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

1.

2.

2.

3.

3.

THOUGHTS & REFLECTIONS

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THOUGHTS & REFLECTIONS

Interactions

Listen to your body. How did eating certain produce make you feel?

FRUIT -

VEGGIE -

-

-

Interactions

FRUIT -

VEGGIE -

Fasting Reflection!



<https://thaalkalinehour.com>