August

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
30 minutes of exercise a day																															
1/2 gallon water a day (Eight 8oz glasses)																															
7-9 hours of sleep																															
Meditation/Self-Care/Hobby																															
No added sugar																															
Collagen																															
Ningxia																															
Life9																															
Enzymes																															
Amino Acids																															
Morning Almonds																															
No energy drinks or coffee																															
Cold Shower																															

September

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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October

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September

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October

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Health Inventory

0 = Never 1 = Occasionally 2 = Frequently

Digestion		**Head**		**Nose**	
	Nausea		Headaches		Stuffy Nose
	Contipation		Dizziness/Vertigo		Sinus Problems
	Bloated		Insomnia		Hay Fever
	Diarrhea				Allergies
	Heartburn				
	Gas				
Emotions		**Energy**		**Weight**	
	Mood Swings		Fatigue		Cravings
	Anxiety		Lethargic		Overweight
	Anger/Irritability		Hyperactivity		Underweight
	Depression		Restless		Over Eating
	Apathy				
Mind		**Joint/Muscles**		**Skin**	
	Poor Memory		Joint Pain		Acne
	Trouble Focusing		Stiffness		Hives/rashes
	Difficulty making decisions		Muscle Pain		Dry Skin
	Brain Fog		Weakness		Excessive Sweating
	Pessimistic				Oily skin
Total:					
	<10 - Optimal				
	11-50 - Room for improvement				
	51+ - Need to make changes				