

DIY WELLNESS 28-DAY -1

**WRITE DOWN ALL THE
FOOD, BEVERAGE & SUPPLEMENTS
YOU CONSUME
DAILY**

**WRITE DOWN
ALL YOUR
THOUGHTS
DAILY**

**STEP
ONE**

**WEEK ONE
Journaling**

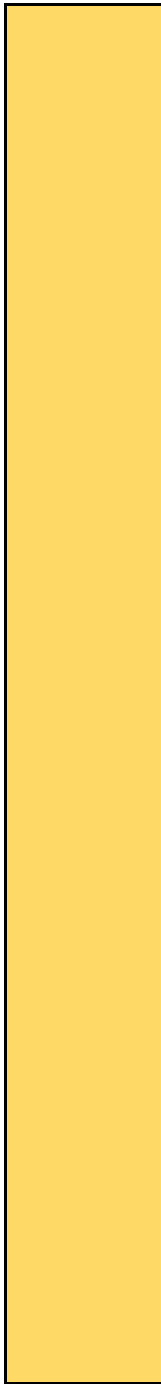
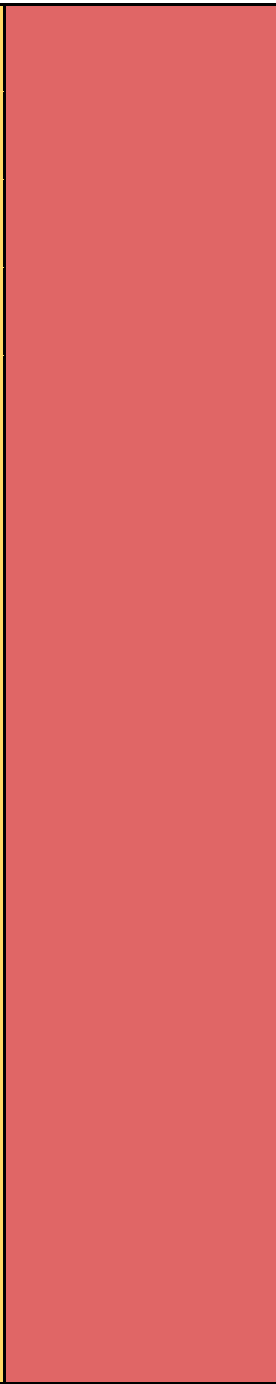
First: WHAT'S YOUR WHY TO OWN YOUR WHOLENESS?

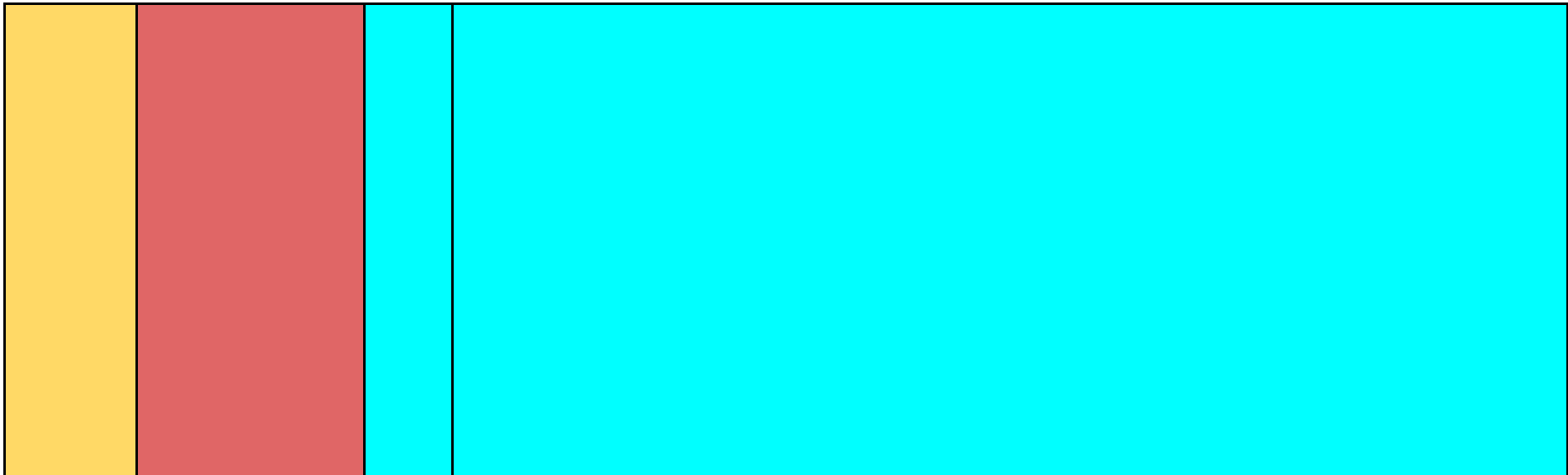
M		

Remember: WHAT'S YOUR WHY TO OWN YOUR WHOLENESS

TU		

Yellow bar	Red bar			
		Remember: WHAT'S YOUR WHY TO OWN YOUR WHOLENESS		
		W		
		Remember: WHAT'S YOUR WHY TO OWN YOUR WHOLENESS		
		TH		
		Remember: WHAT'S YOUR WHY TO OWN YOUR WHOLENESS		
		F		

				
		Remember: WHAT'S YOUR WHY TO OWN YOUR WHOLENESS		
		SA		
SUN	REST			



DIY WELLNESS 28-DAY - 2

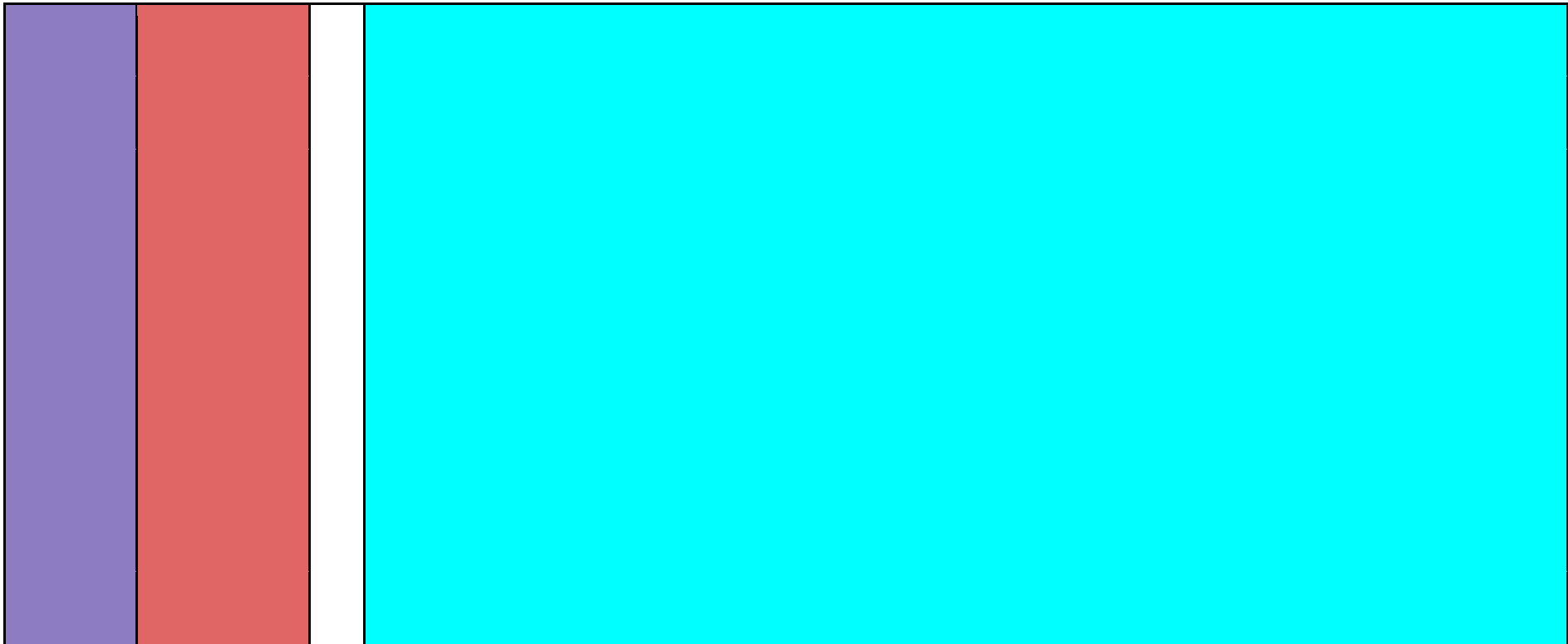
BODY - DIET **MIND - THOUGHTS**

STEP TWO	WEEK TWO Awareness	Remember: WHAT'S YOUR WHY TO OWN YOUR WHOLENESS	
		What food do you eat that has added sugar?	What thoughts do you say to yourself at the moment?

		Remember: WHY DO YOU WANT TO OWN YOUR WHOLENESS	
		What beverage do you drink daily that has added sweetness?	What thoughts do you say to yourself at the moment?
MY GOAL			
SUCH AS: I take Juice Plus+ capsules daily to bridge what I should eat to what i eat	SUCH AS: I say 5 compliments to myself every morning.		

			BODY - DIET	MIND - THOUGHTS
STEP THREE	WEEK THREE		IMPLEMENT & EVALUATION	
			SUCH AS : MY BODY IS DETOXING	SUCH AS : When I start feeling bad, I immediately review my wins.
		M		
		T U		
		W		
		T H		
		F		
		S		

		A		
		S U N	REST	



DIY WELLNESS 28-DAY - 4

**STEP
FOUR**

WEEK FOUR

PRACTICE MAKES PERFECT (REPEAT WEEK THREE)

Developing Your Healthy Lifestyle



WOOHOO!
YOU HAVE MADE IT THIS FAR

Remember how good it feels to own your wholeness.

Don't slide back to the old bad habits

**Join Our *Shred 10 Community* where you have
Fun, Friendship & Leverage**