

## Daily Checklist

10 glasses (80 ounces) of water:

**Cleansing drink** (5–10 minutes before each meal)

**Daily exercise:** (three 5-minute sessions)

**Multivitamin**  **Vitamin C**

**Cranberry drink** (anytime after dinner)

**Fiber supplement** (before bedtime)

**Magnesium oxide** (bedtime)

**12–16 hour fast** (Ideal: 6 p.m. to 8 a.m. or later)

### Rate How You Feel:

In comparison to how you felt on your previous daily diet, please rate these areas one or more times each day. Rate from -5 to +5 with “0” being your norm. Use minus 1–5 if you feel worse and plus 1–5 if you feel better.

My energy level: \_\_\_\_\_

My sleep: \_\_\_\_\_

My mental clarity: \_\_\_\_\_

My digestion: \_\_\_\_\_

My cravings: \_\_\_\_\_

My aches and pains: \_\_\_\_\_