

Day: _____

Guidelines	Time	What did I do?	How did I feel?
Morning Routine: <input type="checkbox"/> Rise before the sun <input type="checkbox"/> Drink water <input type="checkbox"/> Evacuate wastes <input type="checkbox"/> Brush/floss teeth <input type="checkbox"/> Scrape tongue <input type="checkbox"/> Neti pot/oil snort <input type="checkbox"/> Oil massage <input type="checkbox"/> Exercise (walk, yoga) <input type="checkbox"/> Meditate/yoga nidra <input type="checkbox"/> Shower <input type="checkbox"/> Set intentions <input type="checkbox"/> Drink ghee (Phase II)			
Breakfast: Light meal--enough to sustain you until lunch	8:00 a.m.		
Reminders: <input type="checkbox"/> Maintain a daily routine <input type="checkbox"/> Eat scheduled meals <input type="checkbox"/> Eat while sitting down <input type="checkbox"/> Minimize snacking <input type="checkbox"/> Replace processed foods <input type="checkbox"/> Eat seasonal fresh foods			
Lunch: Largest meal of the day—ample amount to sustain you until dinner	11:30 a.m.		
Reminders: <input type="checkbox"/> Chew food completely <input type="checkbox"/> Eat in a “sacred” space <input type="checkbox"/> Eat warm/cooked foods <input type="checkbox"/> Take a “breathing break” <input type="checkbox"/> Plan meals weekly <input type="checkbox"/> Sip hot water all day <input type="checkbox"/> Monitor hunger	2:00 p.m.		
	5:00 p.m.		
Dinner: Light meal (soup or cooked vegetables)—2 hours before bed	7:00 p.m.		
Evening Routine: <input type="checkbox"/> Wind-down by 9:30 p.m. <input type="checkbox"/> Give thanks <input type="checkbox"/> Meditate/yoga nidra (2 nd) <input type="checkbox"/> Oil massage (Phase II) <input type="checkbox"/> Baking soda bath (Phase II)			
Sleep	10:00 pm		