

Rising Time.	1. Drink ____oz of warm water with the juice of one lemon. 2. Take a cool shower or cool sponge bath. 3. Take a walk outdoors for 10-15 minutes, breath deep. 4. List three things for which you are thankful	
nal devotional time		
Herbal Tea ____cups of:		
Breakfast	80% Fresh Fruit (minimum): _____ Nuts and Seeds: _____ 20% cooked (at most): _____	
Supplements:		
Walk 10-15 min	Therapeutic:	Clothing:
Water____oz with: Walk 5-15 minute outdoors.		
Lunch	80% Fresh Vegetables/ Herbs: _____ 20% cooked (at most): _____	
Supplements:		
Walk 10-15 min	Outdoors	
Water ____oz with: Walk 5-15 minute outdoors.		
Evening meal (skipping would be best) Walk 10-15	Fresh fruit: watermelon, melons, papaya, grapefruit, etc.9:30	
To bed	Lights out, no devices with lights.	