

	M	T	W	Th	F	Sa	Su	
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 1 morning visualization
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	After visualization, drink 2-3 glasses of warm water with lemon or apple cider vinegar
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink glass of water before each meal
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Throughout the day, 2 TBSP of ground flax seeds sprinkled on food as desired
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Evening visualization

Sometime during the week

1 Over the next week, find a local farmers market, health food store or juice bar and locate these items:

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|---|--|
| <input type="checkbox"/> Digestive enzymes | <input type="checkbox"/> Stevia |
| <input type="checkbox"/> Probiotics | <input type="checkbox"/> Organic grass-fed or free-range meat/chicken/fish |
| <input type="checkbox"/> Flax seeds/linseeds | <input type="checkbox"/> Locally grown spray-free produce |
| <input type="checkbox"/> Coconut palm sugar | <input type="checkbox"/> Unsweetened, unflavored whey protein powder |
| <input type="checkbox"/> Xylitol | <input type="checkbox"/> Fresh wheat grass juice |
| <input type="checkbox"/> Unsweetened cocoa powder | <input type="checkbox"/> Himalayan salt crystals |
| <input type="checkbox"/> Nori sheets | |

2 Make an appointment to get checked for sleep apnea, if applicable.

3 Make an appointment to get teeth cleaned.

4 Locate an emotional trauma therapist if applicable.

Journal

Keep a journal handy and, whenever you feel inspired, write down any thoughts you have about your health, your life, your dreams, your future or any questions you have about weight loss.
