

MY CLEANSE Checklist

Diet

- HYDRATION
- SUGAR
- GLUTEN
- CHEW MORE
- MORE VEGETABLES
- CUT BACK ON PROCESSED FOODS
- ALCOHOL
- CAFFEINE
- EATING SCHEDULE
- ORGANIC FOODS
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Routines

- BEDTIME
- MORNING
- STARTING WORK
- TRANSITION FROM HOME TO WORK
- HANDLING AFTERNOON FATIGUE
- REGULAR SELF-CARE
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Physical

- EXERCISE
- YOGA
- FRESH AIR
- RELAXATION
- BREATHING EXERCISES
- MEDITATION
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CHOOSE NO MORE THAN 3:

Going Forward

NOTES: