

FIVE-DAY **RE**SET

DAILY HABIT TRACKER

Small wins add up to big changes! Celebrate your progress each day by checking off your habits.

Healthy Habits	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Drink Up & Glowing					
Eat Protein Oats					
Drink a Life Shake™					
Take your vitamins					
Drink Good Gut & Go					
Have some Protein Broth twice a day					
Drink Hydrate & Focus					
Eat a Snack Bar					
Drink Rest & Rewind					

Self-Care Essentials	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Drink 8-10 glasses of water					
Sleep for 7-8 hours					
Exercise for 30 min					
Tune in to your body for 10 min through meditation, journaling, or stretching					
Jot down daily reflections: How are you feeling? Do you notice any changes?					