

# DETOX TRACKER

30 DAY TOTAL BODY RESET

DAY						
1						
2						
3						
4						
5						
6						
7						
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11						
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25						
26						
27						
28						
29						
30						

## DAILY WINS

-  **NUTRITION**  
Controlled calories, portions, and healthy snacks.
-  **EXERCISE**  
Completed 30 minutes of physical activity.
-  **WATER**  
Minimum of one gallon of water drank, use hydrate or energy to help reach goal.
-  **BEVERAGES**  
Limited intake of alcohol, sodas, sugary drinks, etc.
-  **POSITIVITY**  
Read or listened to developmental or positive content.
-  **IDLIFE**  
Took daily detox pills (AM & PM) as well as IDNutrition.

## MEASUREMENTS

	DAY 1 	DAY 15	DAY 30 
WEIGHT	_____	_____	_____
CHEST	_____	_____	_____
HIPS	_____	_____	_____
WAIST	_____	_____	_____
THIGHS	_____	_____	_____

**PHASE ONE**  
**1** FLUSH THE KIDNEYS AND BOWEL

**PHASE TWO**  
**2** DETOXYFY THE LIVER

**PHASE THREE**  
**3** RESTORE THE GUT

INCREASED ENERGY  
HEALTHY DIGESTIVE FUNCTION  
LIGHTER FEELING

DECREASED CRAVINGS  
REDUCED BLOATING  
QUALITY OF SLEEP INCREASE  
ENHANCED FOCUS

IMPROVED MOOD  
CONSISTENT ENERGY  
IMPROVED SKIN TONE/TEXTURE  
BETTER BREATH

# MY DETOX JOURNEY

## WEEKLY LOG

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

