

Daily Journal

Today's Date: _____ Day: _____

Weight: _____

Measurements:

above chest _____ chest _____ below chest _____ waist _____ hips _____
upper left thigh _____ above left knee _____ left calf _____

Liter of **SuperGreens** (1/2-1 teaspoon) with **Prime pH** (10-15 drops)

1.~ 2.~ 3.~ 4.~ 5.~ 6.~ 7.~ 8.~

Oil ~ ~ ~ ~ ~ ~

Olive Udo's Flax 1 tablespoon = ~ 2 capsules Marine Lipid/ Borage Oil = ~

Must put 1 tablespoon of oil into each portion of soup.

Exercise

Yes ~ or No ~

What: _____

Warm Up _____ Zone _____ Cool Down _____

SuperSoy Sprouts

1 scoop = ~ ~ ~ ~ ~

Description of Physical & Emotional State:

(Tired, headaches, optimistic, energetic, etc.)

Liquid Feasts: Soups (rejuvenating recipes):

1. time:
2. time:
3. time:

Supplements (colloidal & capsules):

1. time:
2. time:
3. time: