

30-DAY HABIT TRACKER

START DATE: _____

END DATE: _____

8-10 OZ OF ROOM-TEMPERATURE WATER + FRESH CITRUS JUICE + YOUR CITRUSBURN PROTOCOL.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

8 SERVINGS (8 OZ EACH) OF FILTERED WATER THROUGHOUT THE DAY.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

ONE SMOOTHIE PER DAY USING YOUR DAILY VITALITY OR RECOVERY PROTOCOL (GREENS, BERRIES, HEALTHY FATS)

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

20 MINUTES OF INTENTIONAL MOVEMENT (BRISK WALKING, STRETCHING, OR A TARGETED WORKOUT).

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

TAKE YOUR GUT-HEALTH AND VITALITY SUPPLEMENTS AS SCHEDULED.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

REWARD: _____
