LifeStyle & Body Balance Journal Page

Date _____ Today's Goal _____
Time got into bed last night _____ Time up in the morning _____

WATER: ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ (10) ___ ___ ___ ___ ___

Nutritionals: (Check off)	Morn	Noon	Dinner	Bedtime
Ciaga™ (1 oz)	_____			
Crave Control	_____	_____		
Jade GreenZyme	_____	_____	_____	
Mega Daily 4™		_____		
Digestion Cmplx 4-20™	_____	_____	_____	
Omega Green + DHA™				_____
OsteoDenx™				_____
Lactoferrin Gold 1.8™		_____		
CalDenx™		_____		
Joint				_____
Immunity	_____	_____	_____	
Liver Support				_____
Mental Clarity	_____	_____		
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Activity

Cardiostrides 20-30 Minute brisk walk ____ Wear 3 hours during day ____

Zone Meals and snacks (list content and amount and how I feel)

Meal 1 Body Balance Shake

Meal 2 Body Balance Shake

Meal 3

Snack 1

Snack 2

Points - Check off

1. _____ Sleep with a Nikken Sleep System
2. _____10 8 Oz .Glasses of Pi-Water or ½ of body weight in ounces
3. _____ Nutritionals of Choice
4. _____ BodyBalance Shake #1
5. _____ BodyBalance Shake #2
6. _____ Snack #1
7. _____ Balanced Meal
8. _____ Snack #2
9. _____20-30 Min. Walk/3 hrs. wearing Cardiostrides
10. ____Journal

Notes