



# Your Guide to the 14-DAY RESET



# 14 - Day Reset Challenge

Hey there! I'm so excited for you to do the 14-Day Reset and experience the life-changing results that this challenge can create! This guide will contain everything you need to do this 14-Day Reset Challenge.

Make sure you are plugged into the [14-Day Reset Facebook group](#) for community, videos, tips, accountability, giveaways, and more! You'll be more successful and have more fun doing this challenge with friends!



## The 14-Day Reset is made up of 5 things that you do daily:

1. Drinking NingXia Red - the superstar antioxidant drink!
2. Drinking 1/2 your body weight in ounces of water
3. Eating clean & eliminating inflammation-causing foods
4. Move your body at least 30 minutes - any way you want!
5. Intentionally reducing & managing your stress



### How much NingXia Red?

You'll need 102 ounces for the 14 day challenge!

### Day 1-3:

Drink 4 ounces in morning, afternoon, and evening for a total of 12 ounces a day.

### Day 4-14:

Drink 2 ounces in morning, afternoon, and evening for a total of 6 ounces a day.

Stick with this plan and you can expect to see results.

**CHECKOUT THIS SHORT VIDEO TO LEARN THE SCIENCE BEHIND NINGXIA RED.**



# 14-Day Reset MEAL PLAN RECIPES

One of the main components of the 14-Day Reset is eating a clean diet. There are several options from which you may choose. We compiled many resources and recipes from various healthy meal plans for you. Check out the links below to get started.

## **Suggested 7-day Recipes meal plans found here:**

Use [this meal plan](#) for both weeks of the challenge for a total of 14 days. Feel free to make substitutions for different recipes if you need to - just be aware of anything with added sugar, white flour, seed oils, or any processed foods. Dairy free alternatives are provided.



## **Find many more meal plan options here:**

At [this link](#), you will find links to meal plans and recipes for Whole30, Keto, GAPS, Paleo, Whole Foods, and no processed sugar.



## **Another healthy plan idea:**

Some people find Whole30 too restricting, so instead they eliminate wheat, dairy, alcohol, and sugar. They include quinoa and brown rice, as well as legumes.

They use natural sweeteners like honey and maple syrup sparingly. Use recipes that you like from the other various meal plans that follow these eliminations.

**Two time Nobel Prize winner Dr. Linus Pauling said, "You can trace every sickness, every disease and every ailment to a mineral deficiency."**



# Let's talk about PROTEIN

**Increasing protein intake is crucial for effective weight loss due to several reasons:**

- protein promotes feelings of fullness and reduces unnecessary snacking, which supports calorie control.
- protein boosts energy and metabolism.
- protein helps preserve lean muscle mass during weight loss, maintaining a higher metabolic rate and improving body composition.
- protein enhances exercise performance and aids in muscle recovery.

Balancing protein with a well-rounded diet and physical activity is key.

## 10 grams

### PROTEIN

- 1 cup of Greek yogurt
- 3 egg whites
- 1 cup of milk (dairy or plant-based)
- 1 small chicken breast (cooked)
- 1.5 oz ground beef
- 1 oz organic turkey deli meat
- 1/2 cup of cooked quinoa
- 1/2 cup of cooked lentils
- 1 small can of tuna (in water)
- 1/4 cup of almonds
- 1/3 cup of cottage cheese
- 1/2 cup of cooked black beans

## 30 grams

### PROTEIN

- 4 oz of chicken breast (cooked)
- 2 packets of tuna (in water)
- 5 oz of salmon
- 1 cup of cottage cheese
- 6 oz of shrimp with 1/2 cup of cooked quinoa
- 5 large eggs
- 1 turkey burger with 1/2 cup of cooked chickpeas
- 2 scoops of protein powder mixed with water or milk

**For a free, easy calorie and macro calculator, scan this QR code**



# Intermittent Fasting

## TRADITIONAL GUIDELINE



See [Intermittent Fasting 14-Day Reset FAQ Sheet](#) for more info.  
Do not start drinking NingXia until after your eating window starts.

Fasting Window	Potential Benefits
10 hours (basic starting fast)	Allows body to get used to going longer periods without eating
12-16 hours	Switches body between sugar burning and fat burning
<b>Note: fasting windows longer than 18-20 hours should be done occasionally, not daily.</b>	
17+ hours	Autophagy kicks in; great for detoxing, improved energy, improved brain function/cognition, and balancing sex hormones
24+ hours	Burst of stem cell production in digestive tract; mucosal lining has a chance at repair; great for post-antibiotic use, post-birth control repair, and tackling SIBO
36+ hours	Releases stored sugar; liver repair; done occasionally
48+ hours	Dopamine reset
3 day water fast	Immune system reset

**\*Stop eating 4-5 hours before bedtime.** Source: Fast Like A Girl / Dr. Mindy Peltz

# Intermittent Fasting

## FOR FEMALE HORMONES GUIDELINE

Day 1 is the first day of bleeding in a cycle. If in menopause, use the moon cycle with the full moon being your "Day 1". Start with an 8 hr window of eating. It is very important to feed female hormones when fasting vs the traditional intermittent fasting. See Intermittent Fasting 14-Day Reset FAQ Sheet for more info.

Fasting Window	Potential Benefits
Days 1-10	Power Phase/Keto Biotic: Increase protein intake to 75 gms, more than 60% of food coming from good fats, moderate carbs @ 50 gms.
Days 11-15	Ovulation/Hormone Fasting: 100-150 gms carbs to feed progesterone, at least 50 gms protein, and healthy fats as desired.
Days 16-19	Power Phase/Keto Biotic: Repeat as Days 1-10.
Days 20-to menses	Nurture Phase/Hormone Fasting: Repeat as Days 11-15 Lean into whole food nutrition, allow yourself to step off the fasting wagon the week before your period to feed your hormones properly!

**\*Stop eating 4-5 hours before bedtime.** Source: Fast Like A Girl / Dr. Mindy Peltz

# Top Processed

## FOODS TO AVOID



Making better choices and cultivating a healthier lifestyle involves opting for whole, unprocessed foods to provide your body with essential nutrients that promote health, wellness, and longevity.

Do your best, it's not all or nothing, but avoiding processed foods that contain excess sugars, additives, preservatives, pesticides, herbicides, fungicides, GMOs, nitrates, artificial flavors, colors, and smells will reduce your risk of negative health outcomes, including cancer.

Enjoy fresh fruits and veggies. Soak your legumes, nuts, and seeds before you eat, sprout them if you can. Make homemade sauces and dressings with herbs from your pantry. Eat whole grains that aid in digestion and assimilation. Animal proteins should be grass-fed and humanely treated. Delight in unrefined and cold-pressed nutrient rich oils. Eat in moderation if organic & GMO free. You are allowed natural sugars like honey, maple syrup, erythritol, stevia/rebaudioside, xylitol, and yacon.

<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• NO canned, boxed, bagged, prepacked, and/or sugar added fruits</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• Corn</li> <li>• Soy (<i>only organic &amp; fermented</i>)</li> </ul> <p><b>Nut/Butter</b></p> <ul style="list-style-type: none"> <li>• Peanuts/butter (<i>only organic unsweetened</i>)</li> </ul> <p><b>Sauces &amp; Dressings</b></p> <ul style="list-style-type: none"> <li>• Added sugar; ketchup, BBQ sauce, honey mustard, coffee creamer, etc.</li> <li>• Bottled salad dressings</li> <li>• Soy sauce</li> <li>• (<i>use coconut aminos</i>)</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• Condensed milk</li> <li>• Flavored yogurts</li> <li>• Milk</li> <li>• Processed cheeses</li> </ul>	<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• All alcohol</li> </ul> <p><b>NO SWEETENED:</b></p> <ul style="list-style-type: none"> <li>• Coffee drinks</li> <li>• Juice</li> <li>• Milks</li> <li>• Protein powder</li> <li>• Smoothies</li> <li>• Soda</li> <li>• Sport drinks</li> <li>• Waters</li> </ul> <p><b>Refined Foods &amp; Carbohydrates</b></p> <ul style="list-style-type: none"> <li>• Bagels</li> <li>• Bread</li> <li>• Breadsticks</li> <li>• Brownies</li> <li>• Cake</li> <li>• Candy</li> <li>• Cereal/Granola</li> <li>• Chips</li> <li>• Chocolate</li> <li>• Cookies</li> <li>• Couscous</li> <li>• Crackers</li> <li>• Croissants</li> <li>• Cupcakes</li> <li>• Muffins</li> <li>• Oats - flavored</li> <li>• Pasta</li> <li>• Pastries</li> <li>• Pita</li> <li>• Pizza</li> <li>• Popcorns</li> <li>• Rolls</li> <li>• Tortillas</li> <li>• Tortilla chips</li> </ul>	<p><b>Artificial Sugar Substitutes</b></p> <ul style="list-style-type: none"> <li>• Acesulfame potassium: Sweet One, Sunett</li> <li>• Advantame</li> <li>• Aspartame: NutraSweet, Equal</li> <li>• Neotame: Newtame</li> <li>• Purified stevia: Truvia, PureVia, Sun Crystals, Steviva</li> <li>• Saccharin: Sweet'N Low, Sweet/Sugar Twin</li> <li>• Sucralose: Splenda</li> </ul> <p><b>Hydrogenated &amp; (PHO) Partially Hydrogenated Oils</b></p> <ul style="list-style-type: none"> <li>• Canola (rapeseed)</li> <li>• Corn</li> <li>• Cottonseed</li> <li>• Crisco/shortening</li> <li>• Grapeseed</li> <li>• High-stearate/oleic acid</li> <li>• Margarine/butter spread</li> <li>• Palm</li> <li>• Peanut</li> <li>• Rice Bran</li> <li>• Soybean</li> <li>• Safflower</li> <li>• Sunflower</li> <li>• Vegetable</li> </ul> <p><b>Fast or Fried Food</b></p> <ul style="list-style-type: none"> <li>• Processed Meats</li> <li>• Deli, Bacon, Sausage</li> </ul>	<p><b>30+ Processed Sugars Names</b></p> <ul style="list-style-type: none"> <li>• Barley malt</li> <li>• Beet sugar &amp; syrup</li> <li>• Brown rice syrup</li> <li>• Brown sugar</li> <li>• Cane sugar/syrup/juice</li> <li>• Caramel &amp; syrup</li> <li>• Confectioner sugar</li> <li>• Corn sugar &amp; syrup</li> <li>• Dextrin</li> <li>• Dextrose</li> <li>• Evaporated cane</li> <li>• Fructose</li> <li>• Fruit juice &amp; syrup</li> <li>• Glucose &amp; syrup</li> <li>• High-fructose corn syrup (HFCS)</li> <li>• Invert sugar</li> <li>• Malt syrup <i>any kind</i></li> <li>• Maltodextrin</li> <li>• Muscovado sugar</li> <li>• Palm sugar</li> <li>• Panela sugar</li> <li>• Saccharose</li> <li>• Sorbitol</li> <li>• Sorghum syrup</li> <li>• Sucanat</li> <li>• Sucrose</li> <li>• Sugar <i>raw/powdered</i></li> <li>• Syrup</li> <li>• Tapioca syrup</li> <li>• Treacle</li> <li>• Turbinado sugar</li> </ul>
<p>In addition, please scan this <b>Hidden Toxic Chemical Cheat Sheet.</b></p>			

# Healthy Eating Made Simple

## NON-PROCESSED WHOLE FOODS LIST

Making better choices and cultivating a healthier lifestyle involves opting for whole, unprocessed foods to provide your body with essential nutrients that promote health, wellness, and longevity.

Do your best, it's not all or nothing, but avoiding processed foods that contain excess sugars, additives, preservatives, pesticides, herbicides, fungicides, GMOs, nitrates, artificial flavors, colors, and smells will reduce your risk of negative health outcomes, including cancer.

Enjoy fresh fruits and veggies. With your legumes, nuts, and seeds soak before you eat, sprout if you can. Make homemade sauces and dressings with herbs from your pantry. Eat whole grains that aid in digestion and assimilation. Animal proteins should be grass-fed and humanely treated. Delight in unrefined and cold-pressed nutrient rich oils. **ENJOY.... Eat to Live, Not Live to Eat!**

<p><b>Fruits</b>            Apples            Apricots            Avocados            Bananas            Berries (all)            Cacao (chocolate)            Cherries            Grapefruit/Lemon/Lime            Grapes            Kiwi            Mango            Melons            Nectarines            Oranges/Tangerines            Papaya            Peaches            Pears            Persimmons            Pineapples            Plums            Pomegranates            Prunes            Watermelon</p> <p><b>Unrefined Cold Pressed Oils</b>            Almond            Avocado            Butter            Coconut            Flaxseed            Ghee            Hempseed            Olive            Sesame            Walnut</p>	<p><b>Vegetables</b>            Artichokes            Arugula            Asparagus            Beets            Broccoli            Brussel sprouts            Cabbage            Carrots            Cauliflower            Cucumbers            Egg plant            Fennel            Garlic            Ginger            Green beans            Kale            Leeks            Mushrooms            Okra            Onions            Peas            Peppers (all)            Potatoes            Pumpkin            Radishes            Romaine lettuce            Spinach            Squash (all)            Sweet potato/yam            Swiss chard            Tomatoes            Watercress</p> <p><b>Sauces &amp; Dressings</b>            Coconut aminos            Homemade recipe</p>	<p><b>Legumes</b>            Adzuki            Black            Black-eyed pea            Cannellini            Garbanzo            Great northern            Kidney/red            Lentils            Mung            Navy            Peas            Pinto</p> <p><b>Whole Grains</b>            Barley            Brown rice            Couscous            Einkorn            Farro            Millet            Oats            Rye            Sorghum            Spelt            Wheat berries</p> <p><b>Milk Products</b>            Almond milk            Coconut milk/water            Hemp milk            Rice milk            Animal milk, yogurt,            Kefir &amp; cheese (raw is best, then non-pasteurized, then organic)</p>	<p><b>Animal Proteins</b>            Beef            Bison            Chicken            Eggs            Fish            Game meats            Lamb            Pork/bacon (free of sugar &amp; nitrates)            Turkey</p> <table border="0"> <tr> <td><b>Nuts</b></td> <td><b>Seeds</b></td> </tr> <tr> <td>Almonds</td> <td>Amaranth</td> </tr> <tr> <td>Brazil</td> <td>Buckwheat</td> </tr> <tr> <td>Cashews</td> <td>Chia</td> </tr> <tr> <td>Hazelnuts</td> <td>Flax</td> </tr> <tr> <td>Macadamia</td> <td>Hemp</td> </tr> <tr> <td>Peanuts</td> <td>Pumpkin</td> </tr> <tr> <td>Pecans</td> <td>Poppy</td> </tr> <tr> <td>Pistachios</td> <td>Sesame</td> </tr> <tr> <td>Walnuts</td> <td>Sunflower</td> </tr> <tr> <td></td> <td>Quinoa</td> </tr> </table> <p><b>Sugars</b>            Agave nectar            Coconut sugar            Dates            Fruit (fresh/frozen)            Honey            Maple syrup            Molasses            Monk            Erythritol            Stevia (SweetLeaf)            /rebaudioside            Xylitol            Yacon</p>	<b>Nuts</b>	<b>Seeds</b>	Almonds	Amaranth	Brazil	Buckwheat	Cashews	Chia	Hazelnuts	Flax	Macadamia	Hemp	Peanuts	Pumpkin	Pecans	Poppy	Pistachios	Sesame	Walnuts	Sunflower		Quinoa
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Pistachios	Sesame																								
Walnuts	Sunflower																								
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# Body Measurement

## TRACKER FOR WOMEN

BEFORE

DATE	
NECK	
CHEST	
LEFT ARM	
RIGHT ARM	
WAIST	
HIPS	
LEFT THIGH	
RIGHT THIGH	
LEFT CALF	
RIGHT CALF	
WEIGHT	



AFTER

DATE	
NECK	
CHEST	
LEFT ARM	
RIGHT ARM	
WAIST	
HIPS	
LEFT THIGH	
RIGHT THIGH	
LEFT CALF	
RIGHT CALF	
WEIGHT	



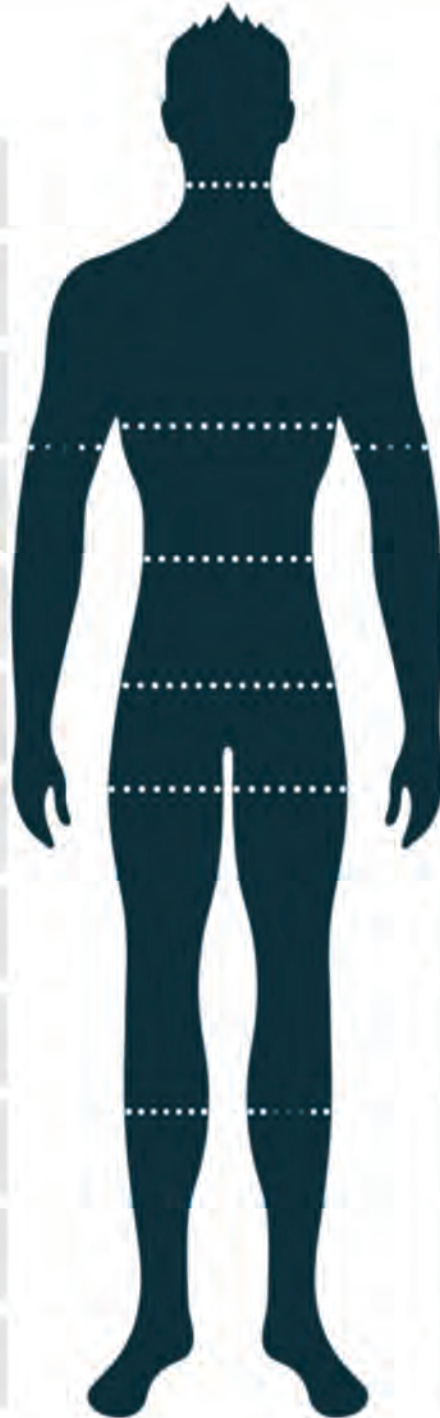
# Body Measurement

## TRACKER FOR MEN

BEFORE

AFTER

DATE	
NECK	
CHEST	
LEFT ARM	
RIGHT ARM	
WAIST	
HIPS	
LEFT THIGH	
RIGHT THIGH	
LEFT CALF	
RIGHT CALF	
WEIGHT	



DATE	
NECK	
CHEST	
LEFT ARM	
RIGHT ARM	
WAIST	
HIPS	
LEFT THIGH	
RIGHT THIGH	
LEFT CALF	
RIGHT CALF	
WEIGHT	

# Daily Checklist

## 14 DAY RESET CHALLENGE

As you complete an item, check it off to keep yourself on track!

**01 DAYS 1-3: DRINK 4 OZ 3X A DAY. A TOTAL OF 12 OZ OF NINGXIA RED A DAY. DAYS 4-14: DRINK 2 OZ 3X A DAY. A TOTAL OF 6 OZ OF NINGXIA RED A DAY.**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**02 DRINK ONE NINGXIA NITRO A DAY.**

★ *Optional - NingXia Nitro comes in the NingXia Red Starter Bundle!*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**03 DRINK GOOD, CLEAN WATER. AT LEAST HALF YOUR BODY WEIGHT IN OUNCES. (100 POUNDS = DRINK 50 OUNCES OF WATER DAILY)**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**04 EXERCISE 30 MINUTES A DAY.** ★ *Bonus round! Exercise twice a day and reach your goal faster!*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
★ <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**05 EAT ACCORDING TO YOUR MEAL PLAN (TRY NOT TO EAT AFTER 7PM).**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**06 STAY ACCOUNTABLE - CHECK IN EACH DAY BY COMMENTING ON THE DAILY LIVE VIDEO IN THE 14 DAY RESET GROUP**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**TAKE A PICTURE OR VIDEO**

DAY 1	DAY 15
<input type="checkbox"/>	<input type="checkbox"/>

**TAKE MEASUREMENTS**

DAY 1	DAY 15
<input type="checkbox"/>	<input type="checkbox"/>



# Hourly Activity Tracker

## TIME MANAGEMENT TIPS



### How to use this sheet:

Whether you're assessing your time for personal, family or business reasons, monitoring your time in 15 minute increments for 5-7 days will help you identify time-wasting activities and enable you to make adjustments to your daily routine as you see fit.

Successful time management allows you to preserve your energy so you can make time for what matters to you most. Learning intentional self-management strategies, will help you take control of your time, prioritize tasks, delegate and communicate clearly, enhance your productivity and efficiency, enjoy life and ultimately accomplish your goals.

### Ideas for Your Time Tracker:

- Meal
- Break
- Pray/Meditate
- Exercise
- Self Care
- Supplements
- Work/Business
- School
- Commute
- TV/Videos/Games
- Social Media
- Phone Call
- Spouse Time
- Family Time
- Relaxation
- Hobbies/Personal Projects
- Reading for Enjoyment
- Household Duties
- Bathroom Time
- Get Ready
- Prep for Bed
- Sleep



Time	Activity
<b>12:00 AM</b>	
12:15	
12:30	
12:45	
<b>1:00 AM</b>	
1:15	
1:30	
1:45	
<b>2:00 AM</b>	
2:15	
2:30	
2:45	
<b>3:00 AM</b>	
3:15	
3:30	
3:45	
<b>4:00 AM</b>	
4:15	
4:30	
4:45	
<b>5:00 AM</b>	
5:15	
5:30	
5:45	
<b>6:00 AM</b>	
6:15	
6:30	
6:45	
<b>7:00 AM</b>	
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<b>8:00 AM</b>	
8:15	
8:30	
8:45	
<b>9:00 AM</b>	
9:15	
9:30	
9:45	
<b>10:00 AM</b>	
10:15	
10:30	
10:45	
<b>11:00 AM</b>	
11:15	
11:30	
11:45	

Time	Activity
<b>12:00 PM</b>	
12:15	
12:30	
12:45	
<b>1:00 PM</b>	
1:15	
1:30	
1:45	
<b>2:00 PM</b>	
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<b>3:00 PM</b>	
3:15	
3:30	
3:45	
<b>4:00 PM</b>	
4:15	
4:30	
4:45	
<b>5:00 PM</b>	
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5:30	
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<b>6:00 PM</b>	
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<b>7:00 PM</b>	
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<b>8:00 PM</b>	
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10:15	
10:30	
10:45	
<b>11:00 PM</b>	
11:15	
11:30	
11:45	

# Water Accountability Sheet

**LET'S DRINK WATER TOGETHER**

**GOAL:** DRINK 1/2 YOUR BODY WEIGHT IN OUNCES OF WATER PER DAY.  
I WILL DRINK \_\_\_\_\_ OUNCES A DAY.

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



Remember to use this sheet every day to help you track your progress and stay accountable to your hydration goals. Good luck!

# Daily WORKOUTS

An important part of the 14-Day Reset is moving your body for at least 30 minutes every day! This can look however you want - walking, running, yoga, pilates, cycling, swimming, weight training, etc. Check the Facebook group for lots of workout suggestions. Choose a workout plan and scan the QR code to gain access:

- [7-day weight training workout plan.](#)



- [Trainings and workouts](#) from our trainer, Anna Reimers.



- [Grow with Jo on YouTube.](#) Many people love her workouts.



- A 30 day free trial for [peloton](#) which has great in home workouts, not just for the bike.



- A great [YouTube workout](#) option.



Studies have shown that **150 minutes of exercise or more each week increased life expectancy by about 7 years** over those who didn't do regular moderate exercise. This benefit was seen regardless of weight, age, sex and health conditions.



# Daily WORKOUTS

## RESISTANCE BAND WORKOUTS



### BENT OVER ROW

1. Stand on the band, feet shoulder-width
2. Bend knees slightly, hinge at waist
3. Hold band with palms facing knees
4. Pull band to hips, elbows at 90 degrees
5. Do 10–12 reps



### STANDING CHEST PRESS

1. Anchor band at chest height
2. Face away, hold handles at chest
3. Step forward, press band straight out
4. Return to start
5. Go for 12–15 reps



### PUSH UP

1. Plank position, band across back, holding ends
2. Push up until arms extend
3. Lower to start
4. Aim for 5–20 reps (knees optional)



### LAT PULLDOWN

1. Anchor band overhead
2. Kneel facing anchor, grasp band ends
3. Pull down to shoulders, then up
4. Complete 10–12 reps

# Daily WORKOUTS

## RESISTANCE BAND WORKOUTS



### STANDING BICEPS PUSH DOWNS

1. Anchor band to the top of the door
2. Grab handles, tuck arms with bent elbows by waist
3. Palms facing each other or floor, fully extend arms down
4. Repeat for 10–12 reps, switch sides



### STANDING BICEPS CURL

1. Stand with feet shoulder-width apart, band under arches
2. Grab handles, arms down
3. Palms facing forward, curl arms toward shoulders
4. Slowly lower. Do 12–15 curls



### TRICEPS KICKBACK

1. Stand feet together, center band under feet
2. Hold each end, arms at sides, palms facing back
3. Bend elbows until forearms parallel to the floor
4. Press down, extending arms fully
5. Lower back down
6. Repeat for 8–10 reps



### CONCENTRATION CURL

1. Sit in a chair, lean slightly forward
2. Grasp one end of the loop band with your right hand, elbow on inside of your knee
3. Curl band toward your shoulder, palm facing away
4. Slowly lower the band
5. Repeat for 8–10 reps, switch sides

# Daily Journal PROMPTS



**Reducing stress is key to this whole process...**



Use these journal prompts each day of the challenge to help you overcome and process any emotions that might be holding you back.

**Day 1:** Reflect on the moments when you have overeaten or cheated on your diet. What triggered you to overeat? How can you develop healthier coping strategies to deal with those emotions without turning to food? i.e. go for a walk, take 10 deep breaths, use a calming essential oil like Stress Away, etc.

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**Day 2:** What are your most common food cravings, and what emotions or situations trigger them? What are some healthier alternatives or rewards you can give yourself? i.e. frozen grapes, drink a glass of water with lemon, raisins or dates, etc.

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**Day 3:** Reflect on any fears or concerns you have about losing weight or changing your lifestyle. What is holding you back? How can you reframe your mindset to embrace the possibility of positive transformation?

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**Day 4:** Write down any negative thoughts or beliefs you have about your body. How do these thoughts impact your motivation and self-esteem? Re-write those thoughts into a positive statement. Say these positive out loud daily. i.e. I hate my arms = I love my arms as they are becoming stronger.

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**Day 5:** Reflect on any past traumas or difficult experiences that may be affecting your relationship with food and weight loss. What would a healthier coping mechanism or strategy be for managing emotions when those come up? i.e. listen to a positive self love meditation on YouTube.

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**Day 6:** Reflect on situations where your perfectionism has hindered your weight loss progress. How can you adopt a more flexible and balanced approach? How can you set realistic goals and celebrate small wins along the way?

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**Day 7:** Identify common stressors in your life and how they impact your eating habits or motivations to engage in healthy behaviors. How can you prioritize self-care and emotional well-being in your weight loss journey?

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Remember, journaling is a personal and reflective practice. Take your time with each prompt, and allow yourself to delve deep into your thoughts and emotions. It can be helpful to revisit your responses over time to track your progress and identify patterns. Journal your way through these prompts during the 14-Day Reset as a way to help you explore your own mindset and reduce stress.



# NINGXIA RED



# NingXia NITRO

## WHY SHOULD YOU DRINK NINGXIA RED?

It's packed with **powerful antioxidants** and super foods that provide long-lasting energy support without caffeine, revitalize body systems for full-body protection, and make the body an **unfriendly environment for free radicals and oxidative stress**. NingXia Red also supports **normal cellular digestive function** and promotes **normal eye health**. It's the perfect pre and post workout drink.

It's loaded with **amino acids, trace minerals** and **essential fatty acids** while still having a **low glycemic index**. There are no added sugars! Only essential sugars (polysaccharides) from the whole fruit; leaves, stems, peel and fruit. NingXia Red is infused with orange, lemon, yuzu and tangerine essential oils containing **high levels of d'limonene**.

## CLINICAL STUDIES HAVE SHOWN:

- To significantly reduce stress by 23% and improve mental well-being
- To significantly increase physical energy levels by 35%
- To support healthy respiratory function
- To reduce physical limitations by 36%
- To improve sleep patterns and increase sleep
- To support healthy inflammation response

## NINGXIA RED TESTIMONIES

*I have two boys on the autism spectrum and they're extremely picky eaters. But they love their Special Red Ninja juice. The nutrients they get from NingXia is huge for us. - Noah W*

*I know NingXia Red is what gives me my boost to play 18 holes of golf and win for the last 8 years! I'm 82 years old! - Wade M*

*I have used NingXia Red for all four of my pregnancies, suggested by my midwife. I love that it's FOOD and made from fruits and plants. - Jodie R*

## WHO CAN DRINK NINGXIA RED?

A daily shot of 2-4 oz helps support overall wellness for your entire family! From children to adults, it's one of the easiest supplements to incorporate into your daily diet.

## OTHER NINGXIA PRODUCTS

Young Living created over 40 wolfberry products, including an amino acid workout recovery: Aminowise, NingXia Greens, Wolfberry Eye Cream, probiotics and more!

\$129



MAKE A SHIFT™ RESET™ KIT

\$210



NR LOYALTY REWARDS

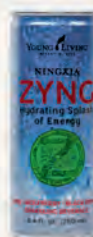
Use the code **SHAREYL** to take an extra 10% off your first order of 50PV or more.

BONUS

## BENEFITS OF NITRO:

- Supports energy
- Enhances mental fitness, and supports overall performance
- Provides sustained energy without the crash
- Improves focus & cognitive alertness

# NINGXIA ZYNG



This sparkling energy drink, includes whole fruit NingXia puree, pear, & blackberry juice, white tea extract, vitamins, lime, and black pepper essential oils. It has 35 mg of naturally occurring caffeine and only 35 calories per can!



## FUN FACT!

To get the same antioxidant benefits of drinking just 1 ounce of NingXia Red you'd have to eat the equivalency of over 299 lbs of fruits and veggies:

- |                          |                       |
|--------------------------|-----------------------|
| 2 pounds of blueberries  | 35 pounds of broccoli |
| 4 pounds of strawberries | 55 pounds of apples   |
| 4 pounds of carrots      | 55 pounds of almonds  |
| 11 pounds of spinach     | 55 pounds of tomatoes |
| 23 pounds of onions      | 55 pounds of oranges  |

# NINGXIA RED - THE WOLFBERRY SUPERFRUIT

"LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD"

Healthy bodies fight stronger. Supplementation is intended to bridge the nutritional gap, so we can maintain a healthy lifestyle!

## 5 REASONS WE NEED TO SUPPLEMENT OUR NUTRITION

- 90% of people lack the recommended amount of nutrients. Dr. Linus Pauling said, "You can trace every sickness, every disease and every ailment to a mineral deficiency." Minerals are the key to preventing disease and increasing health, but are severely lacking in our modern diets due to pesticides robbing the soil of essential nutrients and minerals.
- Nutrient absorption declines with age, because the body does not have the same ability to break down and absorb nutrients. Statistically, those who are older are on more medications which can deplete essential nutrients. Supplements can help restore this imbalance.
- Environmental issues like harmful pesticides and herbicides used to farm our food, chemicals found in our water supply, and pollution drastically increases our need for extra vitamins and minerals. These chemicals create free radicals that attack our digestive and immune system.
- Exercise uses up the energy and nutrients that have been stored in your body. It is vital to replenish and promote recovery after a workout.
- Natural Healthcare providers are encouraging people to supplement for their health instead of expensive disease treatment.

## WHAT ARE FREE RADICALS?

When you cut open an apple, it turns brown from the oxygen. This is exactly what happens to our cells during oxidation. Oxidation is a chemical process which involves harmful free radicals in the body.

## COMMON CAUSES OF FREE RADICALS INCLUDE:

- Smoking tobacco or drinking alcohol
- Exposure to toxic chemicals
- Poor diet, high levels of fried foods
- Daily stress and lack of quality sleep

## WHY ANTIOXIDANTS?

Antioxidants are compounds which prevent oxidation in the body or in foods. Consuming high levels of antioxidants daily will protect your cells from oxidation and may significantly increase your health! Zeaxanthin is an antioxidant that helps protect your eyes from harmful ultraviolet rays in sunlight or blue light rays from electronics. Studies show that diets rich in this antioxidant are great for keeping your eyes healthy. Zeaxanthin is found in foods like raw egg yolk or red peppers, but is found in much larger amounts in the Ningxia Wolfberry!



## HISTORY OF NINGXIA RED

Young Living Founder D. Gary Young was traveling the world over 20 years ago seeking the secrets of longevity, energy, and vitality.

While in China, Gary learned that Wolfberries originated in NingXia, China. Although there are 17 different species of Wolfberries, the NingXia Wolfberry is the most nutritionally dense and the most researched and tested. Chinese biochemists at the NingXia Institute of Nutrition had analyzed the wolfberry and found it to be one of the most nutrient-dense antioxidant foods along with having a daily dose of minerals needed for a healthy body!

Wolfberries (*Lycium Barbarum*) date back to the first pharmacopoeia printed book written in 475 BC from the Ming Dynasty.

Gary learned that people in this area led remarkably long and healthy lives (many lived over 100 years old!) He became convinced that this superfruit needed to be made available to the world, and brought the NingXia Wolfberry to Young Living.

Young Living is the ONLY company in the world with the proprietary blend of NingXia Red. By adding essential oils, this formula is easily absorbed by your body, and simple for everyone in your home to benefit from and enjoy!

## NINGXIA *breakdown*

	2 - 25oz BOTTLES	\$82.00	\$1.64 PER OZ
	4 - 25oz BOTTLES	\$147.00	\$1.47 PER OZ
	30 - 2oz PACKETS	\$97.75	\$1.63 PER OZ
	60 - 2oz PACKETS	\$190.25	\$1.59 PER OZ
	90 - 2oz PACKETS	\$283.25	\$1.57 PER OZ
	LOYALTY REWARDS BUNDLE 4 - 25oz BOTTLES 30 - 2oz PACKETS	\$210.00	\$1.31 PER OZ
	NINGXIA STARTER BUNDLE 2 - 25oz BOTTLES 30 - 2oz PACKETS	\$145.00	\$0.91 PER OZ <small>ONCE YOU SUBTRACT THE COST OF THE NITRO!</small>
	DAILY WELLNESS KIT 30 - 2oz PACKETS	\$112.00	\$0.91 PER OZ <small>ONCE YOU SUBTRACT THE COST OF ORANGE &amp; LIME VITALITY OILS &amp; NITRO!</small>

# Young Living Supplements

## ESSENTIAL OIL INFUSED SUPPLEMENT DESCRIPTIONS

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Supplementation is a vital part of supporting all of our organs, glands and systems. Since absorption is key, all of Young Living supplements are not only formulated with the proper amounts of vitamins, minerals and other key nutrients, but with our premium essential oils that increase the absorption rate at 64% in 30 minutes, and 86% in 1 hour, which offer greater bioavailability and effectiveness.

**AGILEASE-** Protects joint and cartilage health, flexibility and mobility. Supports our response to acute inflammation in healthy people.

**ALKALIME-** Formulated oils and biochemical mineral cell salts to maintain optimal PH balance and helps soothe an upset stomach.

**ALLERZYME-** Vegetarian enzyme, promotes relief of fullness, bloating, gas, pain, or minor cramping that may occur after eating.

**AMINOWISE-** Aids in muscle building and repair, reduces muscle fatigue, and replenishes important minerals lost during exercise.

**BALANCE COMPLETE-** A meal replacement for weight-loss goals. Supports a healthy immune system, muscle growth and recovery; cleansing of the digestive system.

**BLM-** Support healthy cell function, bone, ligaments, muscles, joint health; encourages fluid movement.

**CARDIOGIZE-** Supports healthy heart function and circulation.. High in antioxidants.

**COMFORTONE-** Promotes normal digestion, may support digestive health. Cascara Sagrada aids in the body's natural cleansing.

**CORTISTOP-** Helps the body's natural balance and harmony. Aids glandular system and cortisol levels.

**DAILY PROBIOTIC FIBER-** Helps regular digestion and gut bacteria. 6 grams of plant-based prebiotics and 5 grams of soluble fiber. Supports cardiovascular and immune system. Promotes the absorption of minerals. Aids in the body's natural detoxification process.

**DETOXZYME-** Helps detoxify and cleanse. Supports digestion; key for maintaining and building health.

**DIGEST & CLEANSE-** Helps cleanse and supports the body's natural digestive processes. Eases occasional digestive discomfort and stimulates digestive system.

**ENDOGIZE-** Supports a healthy and balanced endocrine system in women.

**ESSENTIALZYME-** Supports and balances healthy pancreatic and digestive function, and stimulates overall enzyme activity.

**ESSENTIALZYME-4-** Time-release technology, multispectrum enzyme to aid in digestion and maintain a healthy immune system.

**FEMIGEN-** Supports the female reproductive system and maintains balance during menopause.

**GREEN OMEGA 3-** Vegan omega-3 fatty acids for heart, brain, skin, joints, eyes, immune system, metabolic health & inflammatory response.

**GOLDEN TURMERIC-** Supports body's natural response to inflammation, immune response, joint health and mobility. Aids in recovery after exercise, healthy digestion and gut-brain axis. It's 24x more bioavailable than standard turmeric.

**ICP-** Fibers gently scour out residues and decrease the buildup of waste in colon. Helps with nutrient absorption and healthy heart.

**ILLUMINEYES-** May reduce eye health deterioration commonly related to age, fatigue and strain. Helps support long-term eye health, vision in low light settings, skin strength, durability, proper eye health and vibrant looking skin. Improves visual performance, protects from blue light damage and increases macular pigment optical density.

**IMMUGUMMIES-** Yummy multivitamin that supports immune health, upper respiratory tract, healthy cell activity and supports gut barrier integrity and function.

**IMMUPRO-** Reduces the damaging effects of oxidative stress from free radicals. Encourages restful sleep and immune health.

**INNER BEAUTY COLLAGEN-** Reduces the appearance of fine lines and wrinkles in 3 weeks. Supports the dermal layer after UV-induced skin damage; strengthens hair and nails. Supports skin by balancing the gut microbiome. Aids in skin elasticity and hydration with type I marine collagen.

**INNER DEFENSE-** Creates unfriendly terrain for yeast and fungus, promotes healthy respiratory and immune function.

**JUVAPOWER-** Liver nutrients; intestinal cleansing benefits. High antioxidant and richest source of acid-binding foods.

**JUVATONE-** Promotes healthy liver function and cleansing and excretion to keep the liver functioning smoothly.

**K&B-** Supports digestive health and normal kidney and bladder health and maintains proper fluid balance.

**LIFE 9-** Probiotic with 17 billion live cultures from 9 bacteria strains. Supports a healthy digestive and immune system.

**MASTER FORMULA-** Full-spectrum multivitamin with prebiotics and antioxidants. Neutralizes free radicals. Supports digestion.

# Young Living Supplements Continued

14

**MASTER FORMULA-** Full-spectrum multivitamin with prebiotics and antioxidants. Neutralizes free radicals. Supports digestion.

**MEGACAL-** Supports normal bone, vascular and nerve health. Contains magnesium, vitamin C, zinc, and calcium.

**MINDWISE-** Supports normal brain function, cardiovascular, and overall cognitive health.

**MINERAL ESSENCE-** Full-spectrum ionic mineral complex with PEO that is the most fully and quickly absorbed.

**MULTIGREENS-** Green phytonutrients chlorophyll formula helps boost vitality and supports glandular, nervous and circulatory systems.

**NINGXIA GREENS-** Supports immune system and microbiome; boosts energy. Packed full of powerful antioxidants with phytonutrients, prebiotics, omega-3, 50 fermented whole foods and 60+ nutrient-rich veggies, fruit, herbs, algae and mushrooms.

**NINGXIA RED-** Best antioxidants drink ever! 2-4 oz a day supports eye health, normal cellular, digestion, memory and brain function. Clinically shown to increase immune and respiratory function, energy levels, improve and increase sleep. Reduce physical limitations, inflammation, stress and improve mental well-being. Lessens free radicals and oxidative stress. Caffeine free.

**NITRO-** Improves physical performance and increases energy reserves. Sharpens mind and mental focus.

**OLIVE ESSENTIALS-** Total body antioxidant. Supports a healthy heart, vascular and immune system and internal cleansing. Provides as much hydroxytyrosol as a liter of extra virgin olive oil in 1 capsule and phenolic compound obtained from olive fruit and olive leaves.

**PARAFREE-** Formulated with some of the strongest essential oils studied for cleansing.

**PD 80/20-** Contains pregnenolone and DHEA which declines with age. Supports endocrine, cardiovascular, and immune systems, mental acuity and memory.

**POWER MEALS-** Contains 20g of vegan protein; 11 fruits and vegetables with each serving. No added sugar. Balanced nutrition profile with fats, carbs, protein, fiber, amino acids and 17 vitamins and minerals. Keto friendly.

**POWERGIZE-** Improves physical performance, increase muscle size and strength; enhances muscle tone and rate of muscle recovery. Supports immunity, mental clarity, concentration and alertness; boosts stamina; sustains energy levels, strength and vitality with physical activity.

**PROSTATE HEALTH-** Supports male glandular system and helps maintain healthy, normal prostate function.

**PURE PROTEIN COMPLETE-** Supports workout routine with a blend of 5 proteins, orange oil, BCAAs, enzymes and probiotics to support metabolism and ATP production and helps build lean muscle.

**REHEMOGEN-** Supports healthy digestion and bowels. Has cleansing and building properties.

**SLEEPESENCE-** Promotes restful sleep and support the body's natural sleep rhythm.

**SULFURZYME-** Supports immune, circulatory, digestion, liver, mobility, hair, skin, nails, scavenge free radicals. Maintains structure of proteins, protects cells and cell membranes. Replenishes connections between cells and preserves connective tissue. Supports assimilation and metabolism of sulfur.

**SUPER B-** Supports mood, stress levels, healthy energy levels, cardiovascular and immune system, and cognitive function.

**SUPER C-** High in antioxidants. Supports immune, respiratory and circulatory systems, connective tissues and promotes vitality and longevity.

**SUPER CAL PLUS-** Supports the structure, integrity, and density of bones and teeth. Helps your bowels stay moving.

**SUPER VITAMIN D-** Supports immune and respiratory system, mood, hormone regulation, bone growth, and healthy muscles.

**THYROMIN-** Maximizes support for healthy thyroid, which regulates metabolism, energy and body temperature.

## KIDS VITAMINS

**KIDSCENTS MIGHTYPRO-** A blend of prebiotics and probiotics with over 8 billion active, live cultures specially formulated to support gastrointestinal, digestive and immune health by colonizing the gastrointestinal tract.

**KIDSCENTS MIGHTYVITES-** Contains Organ-Kid®, a nutrient-dense, food-based superfruit, plant and vegetable complex. Free of preservatives, artificial colors and flavors, these berry-flavored chewables give your children full nutritional support.

**KIDSCENTS MIGHTYZYMES-** For relief of occasional symptoms, including fullness, pressure, bloating, stuffed feeling (commonly referred to as gas), pain and/or minor cramping that may occur after eating.

**KIDSCENTS UNWIND-** Helps children settle down and reduce restlessness even when energy is high. It uses calming ingredients to promote a restful, relaxed state; help with occasional sleeplessness; helps reduce occasional irritability and stress.

# Share your TESTIMONY

Sharing your powerful testimony from the 14-Day Reset can impact so many lives. We know that excess weight and inflammation are a leading cause of so many illness and diseases.

**The reset is a simple system that you can share to help transform the health of your loved ones.**

You have the opportunity to share your story of success with others to positively impact their lives. You also have a coupon code, **SHAREYL**, that gives them 10% off their first order. Scan this QR code to watch a video that illustrates sharing.



You have a custom share link on your Young Living account to send to your loved ones. Scan this QR code to learn how to find your link.



ORDER



= \$58

As a Brand Partner (BP), enroll a friend with a Make a Shift: Reset Kit and earn \$58 cash.

As a BP, you earn 50% of the PV in cash for each new enrollment order vs. as a customer, you earn 25% of the PV in product credit on your account. These are both great opportunities to be rewarded for helping your friends.

# Share your STORY

Take time and journal through your journey with this reset.

- What was your primary problem you wanted to fix coming into the 14-Day Reset?
- How did you feel about these problems and how did they impact your life and relationships?
- What was missing that was the key to your success? (ie. community, accountability, NingXia Red)
- How is your family life/relationships different now after doing the 14-Day Reset?
- What results have you seen doing the 14-Day Reset? ( ie. Weight loss, inflammation down, more energy or better sleep)

Once you have filled this out, you can use these answers to curate a transformational testimony to share with others in person or on social media. Our goal is not to come across salesy, but to transform people's lives by sharing our journey. When they resonate with our story and decide they want to see a change in their health, we get to be a part of that process.

Let me know when you finish this journal page, I would love to help you with this.

# What's NEXT?

*Congratulations!* You made it! Hopefully, you created some new habits and this Reset has revived your health journey. You may be wondering what to do next, so here are some suggestions:

- Join us for the next 14-Day Reset, we begin a new round the 2nd Monday of each month. Many people are finding success by doing multiple rounds, until they reach their health goals.
- The more rounds you do, the faster that you will reach your goals.

## **HOW OTHERS FOUND SUCCESS IN BETWEEN ROUNDS:**

- Continue to move daily and drink your water
- Continue to eat healthy. Allow yourself 1 or 2 cheat meals a week. OR eat healthy in your normal daily life and allow yourself to cheat when you are out with friends or on special occasions (80/20% rule)
- Keep up with 4 - 6 ounces of NingXia Red daily. Begin with 2 oz in the morning. For afternoon cravings, have another 2 oz. Instead of dessert post-dinner, opt for 2 oz more. This routine will help you stay focused on your health goals. To maintain this habit, order the monthly NingXia Red Loyalty Bundle – it's the best deal and ensures you always have enough.

You will want to order the NingXia Red Loyalty Bundle each month, as this is one of the best deals.

## ***Celebrate your wins!***

Reward yourself with a treat, a new outfit, or some pampering when you accomplish a goal like:

- Exercised for 30 days in a row
- Lost 10 pounds
- Drank all your water
- Went down a size

*Tell a friend & see you in the next round!*



# A Year in Review

## YEARLY 14 DAY RESET TRACKER

Keep track of your health journey, note your feelings, and stay focused on your long-term goals!

Here are some examples others are experiencing: enhanced mental clarity, improved sleep, sharper focus, reduced inches, weight loss, increased energy, and greater calm, among others.

MONTH	BEFORE WEIGHT	AFTER WEIGHT	IMPROVED AREAS OF YOUR HEALTH
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
JUNE			
JULY			
AUGUST			
SEPTEMBER			
OCTOBER			
NOVEMBER			
DECEMBER			

Long term, optimal health goals: \_\_\_\_\_

# Notes

# Notes

