

HEALTH & WELLNESS LOG

Date:

Breakfast:

- AM Digest and Cleanse
- AM Coconut Oil Cap
- AM Oils
- AM Vitamin
- AM Ningxia Red
-

Snack:

Lunch:

- Lunch Digest and Cleanse
- Lunch Slique Oil
- Ningxia Red
-

Snack:

Dinner:

- PM Digest and Cleanse
- PM Slique Oil
-
-
-

Daily Exercise / Progress Notes

Water Intake:

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