

## Weekly Habit Tracker

reveal, replenish. reignite,				10 100	. 0 0		
	monday	tuesaay	wednesday	inursaay.	· friday	saturday	sunday
DIET .			. •		•		
Cooked Vegetables							
Animal Protein		·. ••	••.		••.		
Eggs						·	
WATER						•••	
SUPPLEMENTS	•••		000	• • • • :	•••	• • •	
DETOX	•				1	· .	
Sauna						. •	
Coffee Enema(s)							
Foot Rubs							
Spinal Twist							
Meditation							

Notes