

Action

Time

Comments

Awaken:

Start Tea:

Morning Therapies (List Each):

Herbs/Support 1:

Meal 1:

Herbs/Support 2:

Meal 2:

Herbs/Support 3:

Meal 3:

Bowel Movements: 1

2

3

List Snacks and Sugar Consumption:

List Exercise/Walking/Yoga:

Finished Tea:

Last Food/Snack:

Evening Therapies (List Each):

Bed Time:

