## My LifeStyle & Vital Balance Journal Page

Date			Accomplished My Goal's Today				
Time to b	ed last night	Time up	in the morn	ning	Total Sl	еер	
WATER:			(10)				
Nutrition	nals: (Check off) Ciaga™ (1 oz)		Morn	Noon	<u>Dinner</u>	Bedtime	
	Crave Control						
	Jade GreenZym	e					
	Mega Daily 4™						
	Digestion Cmpl						
	Omega Green +						
	OsteoDenx™						
	Lactoferrin Gol	d 1.8™					
	CalDenx™						
	Joint						
	Immunity						
	Liver Support						
	Mental Clarity						
Activity							
	Cardiostrides 20	0-30 Minute bri	isk walk	Wear	3 hours dur	ing day	
Meals an	d snacks (list cor	itent and amou	nt and how	I feel befor	e/after		
	Meal 1 Vita	l Balance Shak	e				
	Meal 2 Vita	Balance Shak	e or Balanc	ed Meal			
	Meal 3						
	Snack 1						
	Snack 2						
Reportin	ng My Amazing l	Daily Dozen					
-		ep with a Nikk					
	210 8	Oz Glasses of	Pi-Water o	or ½ of body	y weight in o	ounces	
		tritionals of Ch					
		al Balance Sha					
		al Balance Sha	ke #2 or Ba	lanced Mea	al		
	6 Sna						
		anced Meal					
	8 Sna		1 1	*** 11 4 1	*.4		
		30 Min. w/Car	aiostrides (	or walk I l	nour without	Cardiostride	
	10 Jou		Contact	al II.	at Namas :-	notos	
		ntacts Goal sentations Goa					
		engthened My					

File Can be found at: <a href="http://canb4u.biz/lifestyle/Journal-w-Notes16.doc">http://canb4u.biz/lifestyle/Journal-w-Notes16.doc</a> -

## Notes
