










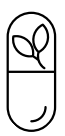
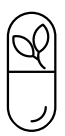
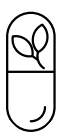
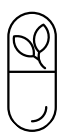

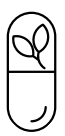
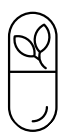
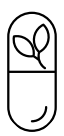
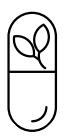



















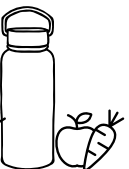





























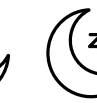




DAILY HABIT TRACKER

Making small, incremental changes to diet, lifestyle, & supplementation to optimize health and maximize physical & mental performance is essential to living a healthier, longer life!!

H A B I T	29TH WED	30TH THU	31ST FRI	1ST SAT	2ND SUN	3RD MON	4TH TUE	5TH WED	6TH THU	7TH FRI
Did you get in your 2 shakes?										
Did you take your supplements? Multivitamin, Cell activator.....										
Did you get your water in?										
Sipper Shred • am & pm snack • paired with a fruit or veggie										
Colorful meal										
Move your body for 20 minutes										
Did you get 7-8 hours of sleep?										
Bonus Habit: write in your own	