

CHECKLIST: TODAY IS YOUR DAY 1!!!!!!!

Are you ready? Today you are officially getting started and recording your journey.
Check off your list!

CAN-DO-NOW ACTIONS	CHECK
1. Do your first weekly Toxicity and Inflammation Quiz (Manual and PDF here) and post your grand total in our Facebook group	<input checked="" type="checkbox"/> <input type="checkbox"/>
2. Put the Quiz alert or reminder into your calendar or phone for next 4 Mondays. You will fill out the quiz 4 more times, every Monday.	<input type="checkbox"/>
3. Fill out your three Heath Goals and Concerns for the Program (in Manual and separate attachment here). These are the reasons why you joined us. Make them measurable. For example, if you have joint pain, if pain now is 8/10 set a goal for e.g. 2/10. For weight loss, 5 pounds are more realistic than 50 pounds! Share the big goals with us on Facebook! Announcing them to the universe will make them stronger and more powerful!	<input type="checkbox"/>
4. Fill out your three minor goals. While these are not the reasons you joined us, you feel, why not, that it would be great to get rid of these complaints too. For example, you have an itchy skin patch or a twitch in your eye, or you are constipated.	<input type="checkbox"/>
5. Write the Contract with Myself . Highlight those items that irritate you or make you uncomfortable. Is there a reason? Notice. Date and sign. Add any more things not listed (space is provided). The Contract is in manual and also attachment here). This is a contract with yourself and you do not have to share it with anyone. Share your comments and discoveries (if comfortable) on FB with us!	<input type="checkbox"/>
6. Remember to order your Supplements!	<input type="checkbox"/>
