

# CHECKLIST: WELCOME! SETTING YOU UP FOR A HUGE SUCCESS!

Let's set you up for a huge success. For that, print, review, and check off the list below.  
Check these off!

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CAN-DO -NOW ACTIONS	CHECK
1. Join our community <b>Kasia Kines Detox Support</b> on Facebook- say hello!	<input checked="" type="checkbox"/> <input type="checkbox"/>
2. Access your <b>30DayDetox</b> portal online and print the <b>Detox Manual</b>	<input type="checkbox"/>
3. Print the <b>Detox Manual Companion</b> (optional- can do that later)	<input type="checkbox"/>
4. In your <b>30DayDetox</b> portal, click <b>Weekly Topics</b> and click on <b>Setting up for Success</b> week to learn action plan between now and Day 1.	<input type="checkbox"/>
5. Watch the video(s) on <b>Setting up for Success</b>	<input type="checkbox"/>
6. Read: <b>Planning</b> (Chapter 1 in Manual)	<input type="checkbox"/>
7. Read <b>Pantry Rehab</b> and clean it up as now! (Ch.1)	<input type="checkbox"/>
8. <b>Order Your Supplements</b> – review my recommendations and place the appropriate order (Ch.1)	<input type="checkbox"/>
9. Read <b>Get Water Filter</b> and consider upgrading your water! (Ch.1) (Update: the shower filter is now available on Aquasana website and no longer on Nutrametrix website. But it is the same product!)	<input type="checkbox"/>
10. Review <b>Smart Exercise</b> , especially for added weight loss, so you can already plan and strategize how you will MOVE (Ch.1)	<input type="checkbox"/>
11. Review <b>Food Journaling Starter</b> – a complete Journal for 30 days is in Chapter 1 in Manual; people who journal lose twice as much weight - if that is one of your goals, start today!	<input type="checkbox"/>
12. <b>Clear your calendar for this Friday-to-Sunday Immersion</b> – this will be Me-Time: during those days you will be watching the shopping and cooking videos, printing the shopping list, shopping for specific items, and cooking up a storm, setting up your meals for Days 1-5!!!! Complete Immersion	<input type="checkbox"/>

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