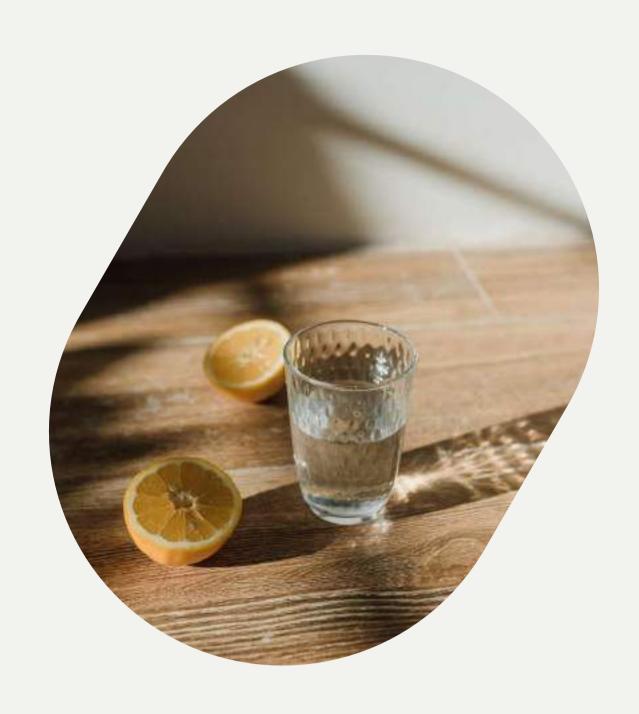
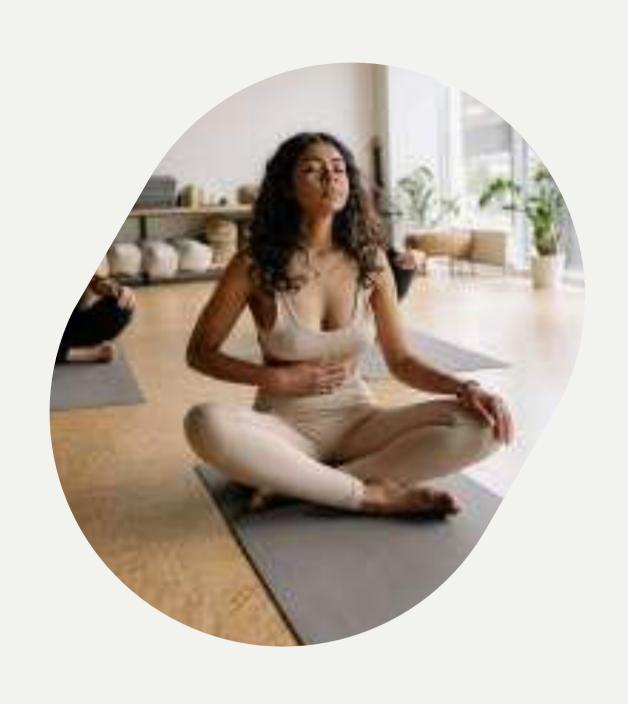
14-Day Challenge



DAY 1 JOURNAL

How are you feeling right now?
What are you grateful for today?
What are your top 3 symptoms and the level of intensity on a scale from 1-10?
What changes do you hope to see in your health by the end of the challenge?

14-Day Challenge



DAY 8 JOURNAL

How are you feeling right now?
What are you grateful for today?
Look back and compare your symptoms from Day 1. What progress have you made
What changes are you noticing so far? What changes are you still hoping to see?

14-Day Challenge



DAY 14 JOURNAL

How are you feeling right now?	
What are you grateful for today?	
Look back and compare your symptoms from Day 1. What progress have you made	le:
What do you want to take with you after completing this challenge?	