

# 14-Day Challenge



## DAY 1 JOURNAL

*How are you feeling right now?*

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*What are you grateful for today?*

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*What are your top 3 symptoms and the level of intensity on a scale from 1-10?*

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*What changes do you hope to see in your health by the end of the challenge?*

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# 14-Day Challenge



## DAY 8 JOURNAL

*How are you feeling right now?*

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*What are you grateful for today?*

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*Look back and compare your symptoms from Day 1. What progress have you made?*

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*What changes are you noticing so far? What changes are you still hoping to see?*

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# 14-Day Challenge



## DAY 14 JOURNAL

*How are you feeling right now?*

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*What are you grateful for today?*

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*Look back and compare your symptoms from Day 1. What progress have you made?*

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*What do you want to take with you after completing this challenge?*

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