

THE 30-DAY TRANSFORMATION LOG

TRACK AND PROVE THAT IT'S WORKING

THE 30-DAY TRANSFORMATION LOG WEEKLY

Week _____ Current Phase: Cleanse ☐ Restore ☐ Maintenance

PART 1

THE DAILY ESSENTIALS CHECKLIST

Check the box if you complete the task.

MONDAY	☐ 8:00 PM Fasting Rule ☐ Repair Cycle Sleep by 10 PM	☐ Power Lemonade / Herbs ☐ Distilled Water Only
TUESDAY	☐ 8:00 PM Fasting Rule ☐ Repair Cycle Sleep by 10 PM	☐ Power Lemonade / Herbs ☐ Distilled Water Only
WEDNESDAY	☐ 8:00 PM Fasting Rule ☐ Repair Cycle Sleep by 10 PM	☐ Power Lemonade / Herbs ☐ Distilled Water Only
THURSDAY	☐ 8:00 PM Fasting Rule ☐ Repair Cycle Sleep by 10 PM	☐ Power Lemonade / Herbs ☐ Distilled Water Only
FRIDAY	☐ 8:00 PM Fasting Rule ☐ Repair Cycle Sleep by 10 PM	☐ Power Lemonade / Herbs ☐ Distilled Water Only
SATURDAY	☐ 8:00 PM Fasting Rule ☐ Repair Cycle Sleep by 10 PM	☐ Power Lemonade / Herbs ☐ Distilled Water Only
SUNDAY	☐ 8:00 PM Fasting Rule ☐ Repair Cycle Sleep by 10 PM	☐ Power Lemonade / Herbs ☐ Distilled Water Only

PART 2 THE VITALITY SCORECARD

Rate yourself 1 to 10 at the end of the week.

Morning Energy ____/

Overall Mood ____/

Mental Clarity ____/

Digestion Health ____/