

Sugar detox FULL BODY & MIND RESET

CHECKLIST

	M	T	W	T	F	S	S
Tongue scraping	☐	☐	☐	☐	☐	☐	☐
Oil pulling	☐	☐	☐	☐	☐	☐	☐
Detox Drink 1	☐	☐	☐	☐	☐	☐	☐
Breathwork	☐	☐	☐	☐	☐	☐	☐
Exercise or dance	☐	☐	☐	☐	☐	☐	☐
Journal questions	☐	☐	☐	☐	☐	☐	☐
Drink 2-3 litres of water	☐	☐	☐	☐	☐	☐	☐
Dry brushing	☐	☐	☐	☐	☐	☐	☐
Detox shower or bath	☐	☐	☐	☐	☐	☐	☐
Manifestation Meditation	☐	☐	☐	☐	☐	☐	☐
7-8 hours of sleep	☐	☐	☐	☐	☐	☐	☐