

Nature's Harmony® 4-Week Detox Symptom Tracker

Track your energy, digestion, and detox response daily over 28 days.

Instructions:

- Energy: Rate from 1 (low) to 10 (high)
- Bowel Movements: Enter number per day
- Bloating / Water Retention: Yes or No
- Side Effects: E.g., rash, fatigue
- Notes: E.g., sleep quality, mood, diet

Applicable for Mini Kit, Core Kit, and Full Detox Plan users.
Visit <https://naturesharmony.com> for the digital version.

Week 1: Days 1-7

Day	Date	Energy (1-10)	Bowel Movements	Bloating (Y/N)	Water Retention (Y/N)	Side Effects	Note
1							
2							
3							
4							
5							
6							
7							

Week 2: Days 8-14

Day	Date	Energy (1-10)	Bowel Movements	Bloating (Y/N)	Water Retention (Y/N)	Side Effects	Note
8							
9							
10							
11							
12							
13							
14							

Nature's Harmony® 4-Week Detox Symptom Tracker

Week 3: Days 15-21

Day	Date	Energy (1-10)	Bowel Movements	Bloating (Y/N)	Water Retention (Y/N)	Side Effects	Note
15							
16							
17							
18							
19							
20							
21							

Week 4: Days 22-28

Day	Date	Energy (1-10)	Bowel Movements	Bloating (Y/N)	Water Retention (Y/N)	Side Effects	Note
22							
23							
24							
25							
26							
27							
28							

Review Your Progress

Expected Results by Week 4:

- Mini Kit: Boosted energy, improved digestion, regular bowel movements.
- Core Kit: + Reduced bloating and better liver function.
- Full Kit: + Reduced water retention.

Consult a practitioner for lab testing if needed.

Get Support

Website: <https://naturesharmony.com>

Email: support@naturesharmony.com

Join our community for more guidance and digital tracking tools.