

MASTER V'S 7-DAY RESTORATION LOG

The Healing Garden of Destiny: Comprehensive System Tracker

Consistency is the key to structural integrity. Use this log to track your biological inputs and recovery outputs.

Daily Protocol	M	T	W	T	F	S	S
1. MINERALS & HYDRATION							
Salt/Water Protocol (AM)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Magnesium (PM)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potassium-Rich Food/Supp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trace Minerals/Iodine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. NUTRITION & RECOVERY TOOLS							
Amino Acids / Collagen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zero Refined Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anti-Inflammatory Proteins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. STRUCTURAL MAINTENANCE							
Vagus Nerve Reset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fascial Shearing/Rolling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rhythmic Rebound (60s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. SYSTEM CHECK (SCORE 1-10)							
Energy Level	/10	/10	/10	/10	/10	/10	/10
Physical Mobility	/10	/10	/10	/10	/10	/10	/10
Mental Clarity	/10	/10	/10	/10	/10	/10	/10

* **Energy Low?** Increase Potassium and Salt.

* **Feeling Tight?** Focus on Magnesium and Fascial Shearing.

* **Brain Fog?** Check Iodine intake and Lymphatic Rebounding.

The Healing Garden of Destiny

"Be water like the wind — move with heart and honor your rhythm."