

5:30 Rising Time.	<ol style="list-style-type: none"> 1. Drink ___ oz of warm water with the juice of one lemon. 2. Take a cool shower or cool sponge bath. 3. Take a walk outdoors for 10-15 minutes, breath deep. 4. List three things for which you are thankful 	
Personal devotional time		
6:30 Herbal Tea ___ cups of:		
7:00 Breakfast	80% Fresh Fruit (minimum): _____ Nuts and Seeds: _____ 20% cooked (at most):	
Supplements:		
7:45 Walk 10-15 min	Therapeutic:	Clothing:
10:45 Water ___ oz with: • Walk 5-15 minute outdoors.		
12:30 Lunch	80% Fresh Vegetables/ Herbs: _____ 20% cooked (at most):	
Supplements:		
1:15 Walk 10-15 min	Outdoors	
3:30 Water ___ oz with: • Walk 5-15 minute outdoors.		
6:15 Evening meal (skipping would be best) Walk 10-15 min	Fresh fruit: watermelon, melons, papaya, grapefruit, etc.9:30	
9:30 To bed	Lights out, no devices with lights.	