

DIET AND LIFESTYLE ADJUSTMENTS

checklist

Taking Accountability For Your Health

- ☐ Stop eating packaged, fried and fast food
- ☐ Eliminate all dairy
- ☐ Reduce coffee to one 8oz cup per day
- ☐ Slowly increase water to 1/2 your healthy weight
- ☐ Eat fruit alone
- ☐ Avoid eating protein and starches together
- ☐ Eat within an hour of waking
- ☐ Eat every 2-3 hours
- ☐ Chew your food until it's liquified
- ☐ Eat until you are 80% full
- ☐ Go to bed and wake the same time each day
- ☐ Eliminate blue light before bed
- ☐ Put all electronic devices on airplane mode at night
- ☐ Incorporate guided meditation daily
- ☐ Incorporate exercise when energy levels increase