

SEASONAL CLEANSE CHALLENGE CHECKLIST

Name: _____

For each day of the challenge, simply mark the point value for each cleansing activity that you did. Webinars will be offered once a week for a total of 4 weeks. At the end of the day, week and end of the challenge total up your points. Weekly prizes will be awarded to the person with the highest points. At the end of the challenge send your checklist to mytravelfit@gmail.com to qualify for finale prizes! (A minimum of 325 points qualifies you for prizes; 3 health coaching or 3 personal training sessions)

Date	Gluten Free (1 pt)	Dairy Free (1 pt)	Soy Free (1 pt)	Sugar Free (1 pt)	Alcohol Free (1 pt)	Exercised 30 min. + (1 pt)	Had Raw Beets (1 pt)	Had Grapefruit (1 pt)	Had Dandelion Greens (1 pt)	Water- 1 liter per 50 lbs (1 pt)	Asleep by 10pm (1pt)	BONUSES	Daily Castor Oil Pack (5 pts)	Liver Flush (weekly- 5pts each, 6-Day= 20pts)	Attended Weekly Webinar (5 pts- 1 x week)	Before/ After picture & Q's (5 pts each)	TOTAL POINTS
3/24																	
3/25																	
3/26																	
3/27																	
3/28																	
3/29																	
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4/18																	
4/19																	
4/20																	
4/21																	
													TOTAL POINTS				