

CONSCIOUSLY NUTRITIOUS

HABIT TRACKER WEEKS 3 - 5

The Cleanse is finally here! Get excited for a deep clean of your body. This couple of weeks has brings challenges and benefits, so take advantage of everything that can help you... like this tracker. We strongly suggest you use this to help plan and prep your meals as well. During the cleanse a little prep goes a long way and a lot of prep goes even further. Be gentle with yourself this week and indulge in some much needed self care like baths, steam rooms, and massage.

Week 3: Liquid, Solid, Solid

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
12 hour							

window							
ACV							
30 Minutes							
Liquid Breakfast							
4-6 Hours							
Solid Lunch							
4-6 Hours							
Solid Dinner							
<i>Fit into your day and adhere to time breaks</i>							
Workout							
Post Workout Smoothie							

Week 4: Liquid, Solid, Liquid

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
12 hour window							
ACV							

30 Minutes							
Liquid Breakfast							
4-6 Hours							
Solid Lunch							
4-6 Hours							
Liquid Dinner							
<i>Fit into your day and adhere to time breaks</i>							
Workout							
Post Workout Smoothie							

Week 5: Liquid, Solid, Solid w/ reintroduction

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
12 hour window							
ACV							
30 Minutes							
Liquid Breakfast							

4-6 Hours							
Solid Lunch							
4-6 Hours							
Solid Dinner							
<i>Fit into your day and adhere to time breaks</i>							
Workout							
Post Workout Smoothie							