

Shred10 Daily Tracker

Dates:

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Juice Plus+

Juice Plus+ Complete (2 x power shakes a day) and Juice Plus+ Fruit/Veg/Berry (2 of each capsule every day with a large glass of water.) Combined, these will support your program.

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One Healthy Meal – Mid-day or Supper (3+ hours before bedtime)

One large meal of salad greens, salad dressing and/or veggies – raw, lightly steamed, sautéed, baked or grilled – if desired, a small portion of chicken, fish, grass-fed beef or egg. (Recipe ideas on FB group page)

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Drink Water

Drink enough pure water a day that your urine remains clear (half your body weight in fl. oz.).

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Exercise

Do 30+ minutes of moderate exercise most days.

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Zero Wheat & Gluten, Refined & Artificial Sugars

Benefits to dropping wheat are huge. Instead, eat whole brown rice, beans, oats, sprouted grain products.

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Zero Dairy

Try oat/almond/soy/rice milk instead or use water in the smoothies. Add nuts and seeds (replacing cheese).

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Reduced Caffeine and Alcohol

It's only for one week and one weekend!

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Breathe

Complete deep breathing exercises three times per day for 3 minutes for relaxation.

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Sleep

Plan ahead to get 8 full hours of sleep each night. Try to be in bed by no later than 10pm.

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Assist Digestion

Eating your last meal by 3+ hours before bedtime allows your body to rest, digest and detoxify properly.

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More:

** Write dates of shred across top table; enter ✓ or – under each activity for each day (did it/didn't!!)

** If you wish, track weight and inches lost from start to end of each 10-day set.

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** Track improvement in exercise goals

** Athlete in training? Increase portion size to accommodate energy expenditure.

** 'Clean' in-between snacks are fine (eg Complete bars) Stay away from dairy & gluten.

** Make notes about differences in health, successes, changes and other surprises.

** Remember to post on our Facebook Group... a great support network.

