



CHOOSE JOYFUL HEALTH - Daily Habits Assessment

Assess your habits for the coming week. Make notes here or in your journal.

Did you?	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Move your body (What did you do?)							
Get 15-20 min Sunlight on arms & face							
How many $\frac{1}{2}$ cup servings of Fruit & Veg?							
Eat fermented food or probiotic?							
Is your urine light yellow?							
Did you have at least 1 "normal" BM? See chart							
How much sleep?							
DOSE Vitamin J What did you do for joy/peace?							
Notes							

"You don't need to be better than anyone else. You just need to be better than you used to be." - Wayne Dyer