

DOMAIN	MY WEEK MILESTONES	DONE	NEXT
Hydration	Drink 8 glasses of water		
	No alcohol		
	No coffee		
	No soda drinks		
	No processed juices – only homemade		



DOMAIN	MY WEEK MILESTONES	Done	Next
Nutrition	Breakfast no late than 7am		
	Drink the Master Juice for breakfast		
	Lunch at noon		
	No junk food		
	Dinner no later than 7pm		
	No white sugar		
	No white flower		
	Eat more greens		
	Eat clean – avoid processed foods		



DOMAIN	MY WEEK MILESTONES	Done	Next
Exercise	Morning routine – 15 minutes Body Conditioning routine		
	Evening routine – 15 minutes Core Training routines		
	4 x 50 push-up (men) 4 - 20 push-ups (women) during the day		
	Run 10k (6.2 Miles) once a week		
	Swim 2k once a week		
	Walk 2k every day		
	Practice sports regularly (at least twice a week)		



DOMAIN	MY WEEK MILESTONES	Done	Next
Hygiene	Eliminate belly fat		
	Drink herbal tea every day		
	Drink the Detoxification Juice once a week		
	Wash your hand before eating		
	Don't touch your face with dirty hands		
	Brush your teeth soon after eating foods		



DOMAIN	MY WEEK MILESTONES	Done	Next
Energy	Go to sleep by 10pm – every day		
	Wake up at 5am – every day		
	Take a morning cold shower – every morning		
	Listen classical music – every day		
	Practice meditation & positive thinking – every day		
	Practice body massage and relaxation – every day		