



WEEK MILESTONES

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		

Mark as DONE – Milestones you achieved during or before the challenge.

Mark as NEXT – Milestones you are committed to achieve during the next week of the challenge.

