

Nourishing Wellness

Dump the Junk



Detox Journal

Nourishing Wellness

Good health is a choice you can make today!

www.NourishingWellness.net



Nourishing Wellness

Good health is a choice you can make today!

Journaling is one of the biggest secrets to being mindful, staying accountable, and having SUCCESS with your program. It's essential! Studies have shown that when we write down our goals and aspirations the chance of them happening goes up by 90%!

Even if things aren't going as well as you hoped, this is the time to make sure you are journaling as it will help you discover your obstacles, what went wrong, and help you to find ways to get back on track.

Why am I participating in this cleanse/detox? _____

My top 3 health goals are: _____

My top 3 health concerns are: _____

What are my most toxic habits and behaviors? _____



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My Cleanse Intentions

I have the following intentions for:

Diet and eating habits:

Exercise





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Rest and Sleep

Rejuvenation/stress reduction

Emotional, mental, spiritual health

Other:



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What do I need to motivate and support myself to realize my intentions? _____

My affirmations are: _____

Weigh and Measure Record

Starting weight: _____ Starting waist measurement _____ in. Starting hip measurement _____ in.



Day 1



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Good health is a choice you can make today!

Date:

“You, yourself, as much as anybody in the entire universe, deserve your love and affection.” – Buddha

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



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Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 2



Nourishing Wellness

Good health is a choice you can make today!

Date:

“Expect the universe to support your dream. It will.”
– Julia Cameron

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



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Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 3



Nourishing Wellness

Good health is a choice you can make today!

Date:

I begin each day by expressing loving gratitude for all the good in my life.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



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Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 4



Nourishing Wellness

Good health is a choice you can make today!

Date:

I use my imagination to create new patterns of living.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



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Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 5



Nourishing Wellness

Good health is a choice you can make today!

Date:

“Just trust yourself, then you will know how to live.” - Goethe

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



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Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 6



Nourishing Wellness

Good health is a choice you can make today!

Date:

I release all negativity and welcome positive experiences in my life.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



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Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 7



Nourishing Wellness

Good health is a choice you can make today!

Date:

Each day I discover new things about myself; strengths I didn't know I had.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



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Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself





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Week 1 Progress Report

“Today I dedicate and focus one hundred percent of my time to my dreams of success.” – Jody Stevenson

My thoughts about the past week: _____

Over the past week, here’s what I noticed about:

My energy level: _____

My skin: _____

My sleep patterns: _____

The fit of my clothes: _____



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My biggest temptation: _____

My best compliment: _____

My proudest moment: _____

My challenges and goals for the upcoming week: _____

Personal dreams, commitments and intentions I would like to meet: _____

Weigh and Measure Record

My weight is _____ Waist measurement _____ inches Hip measurement _____ inches



Day 8



Nourishing Wellness

Good health is a choice you can make today!

Date:

I will keep my focus on my dream and be ready to do anything to make it come true.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 9



Nourishing Wellness

Good health is a choice you can make today!

Date:

I have the power to make the changes I need to make in my life.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



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Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 10



Nourishing Wellness

Good health is a choice you can make today!

Date:

Knowing that at any moment I can begin again, gives me courage to keep trying.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise: _____

Relaxation/Rejuvenation: _____

Healthy home action step: _____

Observations, Changes, Challenges: _____

Notes to myself



Day 11



Nourishing Wellness

Good health is a choice you can make today!

Date:

“The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes.” – William James

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 12



Nourishing Wellness

Good health is a choice you can make today!

Date:

The most important opinion you have is the one you have of yourself, and the most significant things you say are those things you say to yourself.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 13



Nourishing Wellness

Good health is a choice you can make today!

Date:

“The heart is like a garden. It can grow compassion or fear, resentment or love...what seeds will you plant there?” - Buddha

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 14



Nourishing Wellness

Good health is a choice you can make today!

Date:

“In the middle of difficulty lies opportunity.” – Albert Einstein

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself





Nourishing Wellness

Good health is a choice you can make today!

Week 2 Progress Report

Whatever your mind can conceive and believe, it will achieve.

My thoughts about the past week:

Over the past week, here's what I noticed about:

My energy level:

My skin:

My sleep patterns:

The fit of my clothes:



Nourishing Wellness

Good health is a choice you can make today!

My biggest temptation: _____

My best compliment: _____

My proudest moment: _____

My challenges and goals for the upcoming week: _____

Personal dreams, commitments and intentions I would like to meet: _____

Weigh and Measure Record

My weight is _____ Waist measurement _____ inches Hip measurement _____ inches



Day 15



Nourishing Wellness

Good health is a choice you can make today!

Date:

“Once our hearts are open, all existence appears naturally beautiful and harmonious.” – Tarthang Tulka

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 16



Nourishing Wellness

Good health is a choice you can make today!

Date:

“We are the only creatures on earth who can change our biology by what we think and feel.” – Deepak Chopra

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 17



Nourishing Wellness

Good health is a choice you can make today!

Date:

“Forgiveness ends all suffering and loss.”
– Gerald Jampolsky, MD

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 18



Nourishing Wellness

Good health is a choice you can make today!

Date:

I choose love over fear and in each moment choose to experience inner peace.

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 19



Nourishing Wellness

Good health is a choice you can make today!

Date:

“The natural healing force within each one of us is the greatest force in getting well.” - Hippocrates

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 20



Nourishing Wellness

Good health is a choice you can make today!

Date:

“Where there is great love there are always miracles.”
– Willa Cather

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself



Day 21



Nourishing Wellness

Good health is a choice you can make today!

Date:

“Always be a first-rate version of yourself, instead of a second-rate version of somebody else.” – Judy Garland

I am grateful for:

General Appearance: _____

Mood: _____

Sleep: _____

Energy level: _____

Digestion (gas, bloating, etc.): _____

How much water did I drink today? _____

Number and quality of bowel movements: _____

Symptoms: _____

What I ate today for:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Note any cravings: _____

Did I stray? _____

What would have been a better choice? _____

Supplements I used today: _____



Nourishing Wellness

Good health is a choice you can make today!

Exercise:

Relaxation/Rejuvenation:

Healthy home action step:

Observations, Changes, Challenges:

Notes to myself





Nourishing Wellness

Good health is a choice you can make today!

Week 3 Progress Report

All acts of healing are ultimately ourselves healing our Self. - Ram Dass

My thoughts about the past week:

Over the past week, here's what I noticed about:

My energy level:

My skin:

My sleep patterns:

The fit of my clothes:



Nourishing Wellness

Good health is a choice you can make today!

My biggest temptation: _____

My best compliment: _____

My proudest moment: _____

My challenges and goals for the upcoming week: _____

Personal dreams, commitments and intentions I would like to meet: _____

Weigh and Measure Record

My weight is _____ Waist measurement _____ inches Hip measurement _____ inches



