

We are excited to have you here! This worksheet will help you follow along as well as retain the information so you can start the cleanse right away.

The 5 things you must do to be successful and the one thing you must never do or you will make yourself worse overnight!

1. _____
2. _____
3. _____
4. _____
5. _____

You must never _____!

You must include _____ for optimal detoxification.

The secret weapon for appetite and cravings control is _____.

What you must cut out to really detoxify (and it's probably what you are eating to be healthy everyday!)

1. _____
2. _____
3. _____
4. _____

What is essential to ensure your overall success: _____