

7 DAY LIFESTYLE JOURNAL

Week's Goals:

TEN POINTS a day for a Kenzen LifeStyle & a move toward Wellness.

Date:	Sun.	Mon.	Tues	Wed.	Thurs.	Fri.	Sat.
1. Pi-Mag Opt Water 8+ – 8oz servings							
2. Nikken Sleep							
3. Cardio Stride Exercise- 30 min.+							
Digestion 4-20, Body Balance, Kenzen Mega Daily, GreenZymes, Ciaga, Lactoferrin Gold 1.8& Others necessary for your health needs! (Mental Clarity?)							
4.* Nutritionals							
5. Journaling thru the day or in evening							
Breakfast							
B-4 Meal Exercise							
6* Body Balance Shake							
Nutritionals							
7 *Lunch							
8* B-4 Met. Exercise 5-10min							
Body Balance Shake							
Nutritionals							
? Low Carb Snack / Metab. Excer.							
9 *Dinner							
B-4 Met. Exercise							
“Low Carb” dinner							
Nutritionals							
10 *B-4 Bed Met. Ex. *Journaling							
Nutritionals/ snack ?							
Point Totals							