

# NIKKEN FOCUS ON YOUR HEALTH

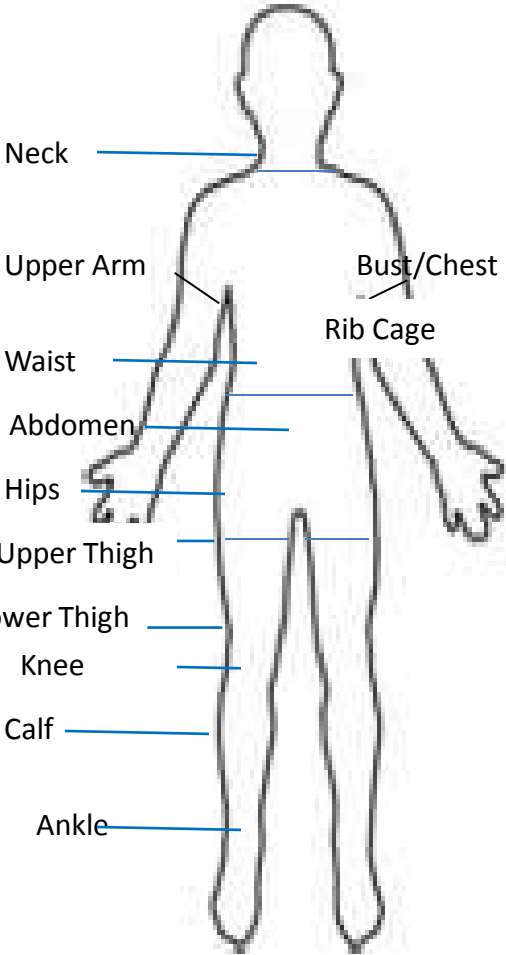
Week's FOCUS: \*

**CHOOSE: TEN POINTS A DAY FOR A NIKKEN FOCUS ON WELLNESS**

Date:	SUN	MON	TUE	WED	THURS	FRI	SAT
1. <b>Pi-Mag Water</b> 8+ – 8oz servings							
2. <b>Nikken Sleep</b>							
3. <b>Exercise- 30 min.+</b>							
4.* <b>Nutritionals</b>	Digestion 4-20, Liver Support, <b>Body Balance</b> , Kenzen Mega Daily, GreenZymes, Ciaga, Bergisterol Lactoferrin Gold 1.8, OsteoDenx, Calcium+, Immunity, Mental Clarity, necessary for your health!						
5 <b>.Journaling</b>							
Ex. 5-15 min B-4 Meal							
6* <b>Breakfast: B. B. Shake &amp; Nutritionals</b>							
Ex. 5-15 min B-4 Meal							
7 * <b>Lunch: BB Shake &amp; Nutritionals</b>							
Exercise 3-5 min B-4 Snack							
• <b>8-9: <u>2</u> Snacks – Timing – Your Choice</b>							
Ex.5-15 min B-4 Meal							
10.“ <b>Health -Style” Dinner Nutritionals</b>							
Exercise 5-15 min B-4 Bed							
<b>POINT TOTALS:</b>							

# MEASUREMENT TRACKING SUCCESS

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_



Date:	START		1ST		2nd		3rd		4th		5th		6th		GOAL	
	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R
Neck																
Upper Arm																
Bust / Chest																
Rib Cage																
Waist- smallest point																
Abdomen																
Hips fullest point																
Upper Thigh																
Up Knee/Low thigh																
Knee																
Ankle																
Total Inches gone																

**WEIGHT:** \_\_\_\_\_