

Daily Checklist

Week beginning date: _____

Weight: _____

Week ending date: _____

Weight: _____

Item	S	M	T	W	T	F	S	S	7	Comment
1. Drink 1 glass lemon juice										
2. Read Bible, pray , say affirmations										
3. Warm up, walk 45 minutes										
4. Shower and weigh										
5. Isolean and supplements										
6. Read and pray with wife										
7. Piano Practice										
8. Journal										
9. Drink 3 litres of water										
10. Call child/grandchild										
TOTAL OUT OF 10										

Comment on week:

1. Did well:

2. Can improve:

3. Action to be taken: