



YOUR CHECK LIST

DAILY & WEEKLY REMINDERS

NOURISH^{with} Heather

WEEKLY

Vitamin C Challenge: Even 1/2 dose

Add a subheading

Alternate Nostril Breathing

Try a new recipe

Review Safe Meals list before Grocery Shopping

Try a day of the Jump Start once a week

Review Body Clock and assess your needs

Your weekly Focus and intentions

DAILY

Drink water upon waking

Add in nutrition before caffeine

Vagus Nerve Exercise

3-Steps!!!

Your Mantra

Hydration Check in

Supplement Support

Meditate