



YOUR CHECK LIST

DAILY & WEEKLY REMINDERS

NOURISH^{with} Heather

WEEKLY

Vitamin C Challenge: Even 1/2 dose

Review your Rhythm with # of Meal Types
your body prefers

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: Feel. Meal.
Heal

Your Mantra

Hydration Check in

Supplement Support

Meditate