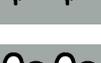


30 for YOU

A 30 day wellness accountability group for real women.

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Getting Started Checklist

Use this checklist if you wish to track your water and self care prior to the official start of our accountability group.

To calculate your recommended water intake, divide your weight (in pounds) by 2, and convert to ounces. For example, if you weigh 150lbs, it is recommended that you drink 75oz of water per day.

Use each  to represent 1/4 of your water intake.

 The Lifelong Vitality Supplements are intended to be taken with breakfast and lunch. At breakfast, take 2 of each capsule. At lunch, take 2 of each capsule. You will be taking a total of 12 capsules daily.

Use each  to represent 15 minutes of self-care for a total of 30 minutes daily (minimum).

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Personal Wellness Survey

Take a few minutes to rate your personal wellness BEFORE starting the 30 for You accountability routine. Use an "X" to mark your "before" responses. At the end of the 30 days, rate your personal wellness and use an "O" to mark your "after" responses.

	1 poor	5 fair	10 excellent
Skin	<input type="checkbox"/>		<input type="checkbox"/>
Hair/Nails	<input type="checkbox"/>		<input type="checkbox"/>
Sleep	<input type="checkbox"/>		<input type="checkbox"/>
Digestion	<input type="checkbox"/>		<input type="checkbox"/>
Libido	<input type="checkbox"/>		<input type="checkbox"/>
Energy	<input type="checkbox"/>		<input type="checkbox"/>
Pain	<input type="checkbox"/>		<input type="checkbox"/>
Immunity	<input type="checkbox"/>		<input type="checkbox"/>
Emotions	<input type="checkbox"/>		<input type="checkbox"/>

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