



The *Women's* Wellness Program

DETOXIFICATION, MODULE 1 CHECKLIST

	Task
<input type="checkbox"/>	Mark the next program on your calendar (August 28th)
<input type="checkbox"/>	Open a free macronutrient tracking account (MyFitnessPal or Cronometer) or set up a manual journal for tracking.
<input type="checkbox"/>	Watch the short video on the resources page titled "My Fitness Pal Adjustments" to learn how to change your account setting for this module.
<input type="checkbox"/>	Change the settings in your tracking account (per instructions in the video)
<input type="checkbox"/>	Track your macros for 7 or more days (FOCUS ON FIBER and WATER!)
<input type="checkbox"/>	Complete a Transit Time Test (see homework worksheet for instructions)
<input type="checkbox"/>	Track bowel movements and perspiration for 7 or more days
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	