



The *Women's* Wellness Program

DETOXIFICATION, MODULE 2 CHECKLIST

	Task
<input type="checkbox"/>	Mark the next workshop date to your calendar (Wednesday, Sept 11, 2020)
<input type="checkbox"/>	+ Eat 3 cups of vegetables with each meal (2-3x daily)
<input type="checkbox"/>	+ Eat liver 2x weekly
<input type="checkbox"/>	+ Eliminate caffeine from your diet
<input type="checkbox"/>	+ Eliminate all dairy from your diet
<input type="checkbox"/>	+ Aim to get 3+ hours between your last meal/snack and bedtime
<input type="checkbox"/>	Start the provoked liver detox (if you elected to do this)
<input type="checkbox"/>	Pick 1+ items from the "Add to your life" list to incorporate into your routine
<input type="checkbox"/>	Pick 1+ items from the "Remove from your life" list to start working on eliminating
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