



The *Women's* Wellness Program

Homework Worksheet

Name: _____

Favorite Liver Recipe

Share your favorite liver recipe with the group (bring a copy to the next workshop in Sept).

RECIPE TITLE:	
Serving Size:	
Ingredients List	Instructions

Toxins in your Life

Pick 1 item from the "Add to your life list" in the module paperwork. What did you pick?

What are 3 habit strategies (from Habits and Goals, module 2) you can apply to make this a permanent habit?

1. _____
2. _____
3. _____