



Divine Nature

21-Day Health Initiative

It takes 21 days to form a habit!

Studies show that's all it takes to form a new life enhancing habit! Make a commitment to adopt each of the following practices for better health for 21 days. By doing so, you will see and feel a dramatic difference as you replace unhealthy habits with new healthy ones. These basic guidelines represent simple lifestyle changes that, without any other significant nutritional alterations, will dramatically impact how you look and feel:

1. NO CARBONATED BEVERAGES- Drink water (at least eight- 8 ounce glasses/day) and fresh fruit juices.
2. NO WHITE FLOUR PRODUCTS - Stick with grains as they come from the earth: 100% whole grain products.
3. CUT BACK ON PROCESSED SUGARS- Substitute Stevia or fructose for other sugars (if you must use sugars)
4. ELIMINATE FRIED FOODS - Steam, bake or broil your foods instead.
5. EAT AS MANY RAW FOODS AS POSSIBLE- Aid in the digestion of your food and add back enzymes, vitamins & minerals that are destroyed in the process of cooking & preparation
6. EXERCISE ON A REGULAR BASIS -Incorporate a consistent program of exercise (a minimum of 3 days/week and preferably 5-6 days/week)

Mon, Wed, Fri	Strength training & stretching	approx. 20 minutes each
Tues, Thurs, Sat	Stretching & favorite activity	approx. 20 minutes each
Sunday	Rest	
7. SUPPLEMENT NEEDED NUTRIENTS - Based on your needs and as recommended by your health care professional, supplement the nutrients you need for optimal health.
8. OTHER- List here any other lifestyle changes that you would like to improve. For example, "no caffeinated products": _____

21- Day Initiative to Healthy Habit-Forming Lifestyle Practices

I certify that I will follow the above guidelines for 21 days to improve my health. I will follow each guideline with the goal that they will become lifetime habits.

Signature

Date

21-Day Health Initiative

1. No carbonated beverages
2. No white flour products
3. Cut back on processed sugars
4. Eliminate fried foods
5. Eat as many raw food as possible
6. Exercise on a regular basis
7. Supplement needed nutrients
8. Other: _____

At the end of the day, "x" the corresponding box to indicate that you kept that commitment for the entire day. Your goal: "x" all the squares to establish new, healthy practices.

	1	2	3	4	5	6	7	8
Day 1	<input type="checkbox"/>							
2	<input type="checkbox"/>							
3	<input type="checkbox"/>							
4	<input type="checkbox"/>							
5	<input type="checkbox"/>							
6	<input type="checkbox"/>							
7	<input type="checkbox"/>							
8	<input type="checkbox"/>							
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17	<input type="checkbox"/>							
18	<input type="checkbox"/>							
19	<input type="checkbox"/>							
20	<input type="checkbox"/>							
21	<input type="checkbox"/>							

CONGRATULATIONS! You have completed your 21 day health initiative!