

**Daily requirements**

**Week 1 - well done, you have started !!**

Mon Tues Wed Thur Fri Sat Sun

|  |  |         |         |  |         |  |  |
|--|--|---------|---------|--|---------|--|--|
| Weigh yourself - Just before exercises (Twice a week)  |  |         |         |  |         |  |  |
| <i>Follow our recommendations and tick, below as done - Daily &amp; consistently - for 21 days</i>                                     |  |         |         |  |         |  |  |
| Daily exercise - are you doing 20% of what is shown under tips ?   |  |         |         |  |         |  |  |
| Breakfast - Remember Portion control, plate up, chew well & enjoy  |  |         |         |  |         |  |  |
| Clean your teeth, including flossing   |  |         |         |  |         |  |  |
| Bath or Shower   |  |         |         |  |         |  |  |
| Go to work   |  |         |         |  |         |  |  |
| Morning tea / Smoko / Keep it healthy - 20 almonds or fruit & veg sticks   |  |         |         |  |         |  |  |
| Lunch - A smaller portion of healthy well cooked food & salad  |  |         |         |  |         |  |  |
| Dinner - Yes , portion controlled & healthy food - Chew well & Enjoy !!  |  |         |         |  |         |  |  |
| Late snack - Keep it small and healthy.  |  |         |         |  |         |  |  |
| Clean your teeth, including flossing   |  |         |         |  |         |  |  |
| Bowel check : If motion is too watery, too hard, dark in colour or smelly - then diet needs to change !                                |  | w/h/d/s | w/h/d/s |  | w/h/d/s |  |  |
| Bladder check : if not clear as water, you may be dehydrated , drink more, if still not clear ( is Yellowish ), check for infection !! |  |         |         |  |         |  |  |
| Sleep - have a great sleep !!  |  |         |         |  |         |  |  |

**Daily requirements**

**Week 2 - Still going , That's fantastic news.**

Mon Tues Wed Thur Fri Sat Sun

|  |  |         |         |   |         |  |  |
|--|--|---------|---------|---|---------|--|--|
| Weigh yourself - Just before exercises (Twice a week)  |  | /       | /       | / |         |  |  |
| <i>Follow our recommendations and tick, below as done - Daily &amp; consistently - for 21 days</i> |  |         |         |   |         |  |  |
| Daily exercise - your up to 20% of what is shown under tips ? Excellent !!                         |  |         |         |   |         |  |  |
| Breakfast - Remember Portion control, plate up, chew well & enjoy                                  |  |         |         |   |         |  |  |
| Clean your teeth, including flossing   |  |         |         |   |         |  |  |
| Bath or Shower   |  |         |         |   |         |  |  |
| Go to work   |  |         |         |   |         |  |  |
| Morning tea / Smoko / Keep it healthy - 20 almonds or fruit & veg sticks                           |  |         |         |   |         |  |  |
| Lunch - A smaller portion of healthy well cooked food & salad                                      |  |         |         |   |         |  |  |
| Dinner - Yes , portion controlled & healthy food - Chew well & Enjoy !!                            |  |         |         |   |         |  |  |
| Late snack - Keep it small and healthy.  |  |         |         |   |         |  |  |
| Clean your teeth, including flossing   |  |         |         |   |         |  |  |
| Bowel check : If motion is too watery, too hard, dark in colour or smelly                          |  | w/h/d/s | w/h/d/s |   | w/h/d/s |  |  |
| Bladder check : if not clear as water, you may be dehydrated , drink more!                         |  |         |         |   |         |  |  |
| Sleep - have a great sleep !!  |  |         |         |   |         |  |  |

**Daily requirements**

**Week 3 - Your heading for GOLD & better health !!**

Mon Tues Wed Thur Fri Sat Sun

|  |  |         |         |  |         |  |  |
|--|--|---------|---------|--|---------|--|--|
| Weigh yourself - Just before exercises (Twice a week)  |  |         |         |  |         |  |  |
| <i>Follow our recommendations and tick, below as done - Daily &amp; consistently - for 21 days</i> |  |         |         |  |         |  |  |
| Daily exercise - you have reached 100% of what is listed - Fantastic !!!                           |  |         |         |  |         |  |  |
| Breakfast - Remember Portion control, plate up, chew well & enjoy                                  |  |         |         |  |         |  |  |
| Clean your teeth, including flossing   |  |         |         |  |         |  |  |
| Bath or Shower   |  |         |         |  |         |  |  |
| Go to work   |  |         |         |  |         |  |  |
| Morning tea / Smoko / Keep it healthy - 20 almonds or fruit & veg sticks                           |  |         |         |  |         |  |  |
| Lunch - A smaller portion of healthy well cooked food & salad                                      |  |         |         |  |         |  |  |
| Dinner - Yes , portion controlled & healthy food - Chew well & Enjoy !!                            |  |         |         |  |         |  |  |
| Late snack - Keep it small and healthy.  |  |         |         |  |         |  |  |
| Clean your teeth, including flossing   |  |         |         |  |         |  |  |
| Bowel check : If motion is too watery, too hard, dark in colour or smelly                          |  | w/h/d/s | w/h/d/s |  | w/h/d/s |  |  |
| Bladder check : if not clear as water, you may be dehydrated , drink more!                         |  |         |         |  |         |  |  |
| Sleep - have a great sleep !!  |  |         |         |  |         |  |  |
| <b>Congratulations you completed 21 days- What a winner - Good health!</b>                         |  |         |         |  |         |  |  |

**Other health check items to include in your daily routine at least each 6 or 12 months.**

- Dental/Oral , check by a Dentist or other specialist. **The biggest cause of infections!!**
- Eye and Hearing checks by a specialist.
- General medical check by your General practitioner or specialist.
- Vaccinations - Children and as adults
- Women - Self breast test - Monthly, Breast screening & PAP smear tests -as directed
- Men - Prostate - from age 45 onwards
- Women & Men - Bone Mineral Density (BMI) from age 50 or as directed.

**Please !! Get medical checks for your body & mind whenever in doubt, It will resolve the issues & reduce anxiety !!**