

Juice Cleanse Tracker

Time	Task	Day 1	Day 2	Day 3	Day 4	Day 5
6:00 AM	Water 1 Liter					
7:00 AM	OMG					
	Stretches/Yoga, Rebounding					
9:00 AM	Ashwagandha shot					
	Flaxseed or Hempseed Oil					
10:00 AM	Lovely Red					
	Breathing					
	Water					
1:00 PM	Mean Green					
	Flaxseed or Hempseed Oil					
	Water					
3:00 PM	Wheatgrass shot					
4:00 PM	Immune/Probiotics shot					
	Water					
	Flaxseed or Hempseed Oil					
7:00 PM	Lovely Red					
9:00 PM	Triphala shot					
6am Weight						
Total Weight Loss						