

10-DAY THM TUNE UP

Commitment



I, _____, am committing the next 10 days to dialing in and tuning up my THM journey.

I'm doing this because I want to feel amazing!

I am excited about taking control over my health through what I eat and doing this for myself.

I know this may not be easy, but I'm committed and will follow through and will give it 100% of my time and energy. I'm going to take the time to prepare and set myself up for success.

Let's DO this!

Signed:

Date:

10-DAY THM TUNE UP

Checklist



NUTRITION

- Did I drink my Morning Mojo this morning?
- Did I eat a healthy breakfast that set my day up for awesomeness!?
- Did I drink enough purified water today? (> 1/2 body weight in oz/30 ml per kg)
- Did I eat every 3-4 hours?
- Did I eat plenty of raw vegetables and fruits?
- Did I eat any fermented foods today? (2x/week)
- Did I eat any gelatinous foods today? (2x/week, chia seeds, gelatin, seaweed)
- Did I have protein in all of my meals/snacks today?
- Did I abstain from sugar, or other off-plan foods today?
- What supplements did I take today? List:

BODY & SKIN

- Did I exercise today?
- Did I get at least 7 hours of sleep last night?

MY 10-DAY TUNE UP

Plan



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

WAKE UP

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

BEFORE
BED

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WAKE UP					
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
BEFORE BED					

MY 10-DAY TUNE UP

Plan



DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

WAKE UP

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

BEFORE
BED

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
WAKE UP					
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
BEFORE BED					