

1 Beauty Sleep

Sleep rituals: _____

Bedtime: _____

Supplements for bed: _____

2 Beauty Feast

Water intake: _____

Foods to add: _____

Foods to remove: _____

Mediterranean diet recipes to try: _____

3 Move in Your Glow Zone

Days scheduled and type of exercise: _____

4  *Inner Peace*

Work on self-esteem: _____

Finding bliss: _____

Helping others: _____

Meditation schedule: _____

Time in nature: _____

Acupuncture: _____

Massage: _____

5  *Spring Cleaning*

Plan your four-week week detox: _____

6 *Glowing Remedies*

Multiple vitamin: _____

Fish oil: _____

Probiotic: _____

Pycnogenol: _____

Additional remedies based on my needs: _____
