**Pre-Detox Check Off List**

Print and check off each item as you complete it.

| Check-Off | Pre-Week Tasks: |
|---|---|
| | Drink 4-5 or more glasses of filtered water |
| | Start taking your supplements and be sure to check with your doctor about the affects of supplements and any meds you're taking |
| | Try your Green Vibrance and Raw protein shake. You can have it by itself or with a small meal. |
| | Take 3-4 PGX with an 8 ounce glass of water with either at lunch or dinner or both a few times this week. |
| | Start exercising lightly. You will be exercising for 30 minutes each day on your detox. |
| | Lower your consumption of sugar, caffeine and alcohol. Pick 3-4 days this week you'll give yourself permission to have these substances and skip them on the other days of the week. |
| | Stay away from negative conversation with people and in your head |
| | Go grocery shopping for the meals you'll be making during your 10-day detox.<br>Use the list below:<br>• Decide what meals you'll make from your cookbook. For what to stock-up on, review pages 39-50. Tips and tools are on page 53. Recipes start on page 64.<br>• Choose which detox breakfast shakes you'll make next week from this list http://womengettingfit.com/detoxshake/<br>• OPTIONAL: You can buy pre-made meals from Luvo on Amazon! |

This detox follows the 10Day Detox Diet by Dr. Mark Hyman with additional tips from Michelle Melendez founder of Women Getting Fit.