

Day 5: Sunshine and Juicing

12 Day *Natural* Detox

Sunshine

What can you do to get in enough sunlight every day? Write down what you will do for the next 7 days to get 20-30 minutes of sunlight each day.

Day One	
Day Two	
Day Three	
Day Four	
Day Five	
Day Six	
Day Seven	

Juicing

Use the recipes that came with the program and choose one juice with green veggies to add in each day. Remember: if you are not used to all that fiber, consider using a juicer to remove the fiber. If you can't remove the fiber, perhaps cut the recipe in half to avoid digestive distress.

	Type of Green Juice
Day One	
Day Two	
Day Three	
Day Four	
Day Five	
Day Six	
Day Seven	

Daily Reflections

How do you feel physically after today? What sensations are you experiencing when you tune into your body?

What challenges did you overcome today?

How is your motivation and commitment to accomplishing your health goals in this program? Focus on your accomplishments for the day.

What do you need to focus on for tomorrow to be a success for you within this program?
