

Day 9: Caffeine

12 Day *Natural* Detox

Caffeine

How much caffeine do you drink or consume a day?

Now, looking at that number (unless it is none), what goals can you set for yourself to reduce the amount you drink or consume in a day?

I will commit to reducing my caffeine intake by

each week (use ounces)

List a few ways you can reduce your caffeine intake.

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?
