

daily success log

COMPLETE 22 DAY LOG

DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
	to bed last night	Breakfast	Snack (optional)
	woke up today		
	O good O poor		
	EXERCISE	Lunch	Dinner
	time	Lunch	Dinner
	type		
	MOOD & ENERGY		
	o excellent of fair	Notes	
	○ good ○ poor		
DAY	SLEEP TIME & QUALITY	: WHAT I ATE FOR	
DAY	to bed last night	Breakfast	Spack (optional)
1	woke up today	Dreakiast	Snack (optional)
	o excellent o fair		
	O good O poor		
	EXERCISE	Lunch	Dinner
	time	<u></u>	
	type		
	MOOD & ENERGY		
	o excellent of fair	Notes	
	○ good ○ poor		
DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
	to bed last night		Snack (optional)
2	woke up today		
	o excellent of fair		
	O good O poor		
	EXERCISE	Lunch	Dinner
	time		
	type		
	MOOD & ENERGY	-	-
	o excellent of fair	Notes	
	O good O poor		
		1	

DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
3	to bed last night	Breaktast	Snack (optional)
	woke up today		
	<pre> excellent</pre>		
	EXERCISE time	Lunch	Dinner
	type		
	MOOD & ENERGY		
	o excellent o fair	Notes	
	O good O poor		
	CLEED TIME & QUALITY	WHAT I ATE FOR	
DAY	SLEEP TIME & QUALITY to bed last night		Crack (artismal)
4	woke up today		Snack (optional)
	o excellent of fair		
	O good O poor		
	EXERCISE		
	time	Lunch	Dinner
	type		
	MOOD & ENERGY	Nata	
	○ excellent○ good○ poor	Notes	
	O 9000		
DAY		: WHAT LATE FOR	
DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
DAY	to bed last night	Breakfast	Snack (optional)
DAY 4	to bed last night woke up today	Breakfast	Snack (optional)
DAY 4	to bed last night woke up today O excellent O fair	Breakfast	Snack (optional)
DAY 4	to bed last night woke up today	Breakfast	Snack (optional)
DAY 4	to bed last night woke up today O excellent O fair	Breakfast	
DAY 4	to bed last nightwoke up today excellent	- Breakfast	
DAY 4	to bed last night	- Breakfast	
DAY 4	to bed last nightwoke up today excellent	- Breakfast	
DAY 4	to bed last nightwoke up today fair	- Breakfast	Dinner
DAY 4	to bed last nightwoke up today excellent	Breakfast	Dinner
4	to bed last nightwoke up today excellent	LunchNotes	Dinner
DAY 4	to bed last nightwoke up today excellent	Lunch Notes	Dinner
4	to bed last nightwoke up today excellent	Lunch Notes WHAT I ATE FOR Breakfast	Dinner
4	to bed last nightwoke up today excellent	Lunch Notes WHAT I ATE FOR Breakfast	Dinner
4	to bed last nightwoke up today excellent	Lunch Notes WHAT I ATE FOR Breakfast	Dinner
4	to bed last nightwoke up today fair good poor	Lunch Notes WHAT I ATE FOR Breakfast	Dinner
4	to bed last night	Lunch Notes WHAT I ATE FOR Breakfast	Dinner
4	to bed last night	Lunch Notes WHAT I ATE FOR Breakfast	Dinner
4	to bed last nightwoke up today excellent	Lunch Notes WHAT I ATE FOR Breakfast	Dinner
4	to bed last night	Lunch Notes WHAT I ATE FOR Breakfast	Dinner
4	to bed last night woke up today excellent fair good poor EXERCISE time type MOOD & ENERGY excellent fair good poor SLEEP TIME & QUALITY to bed last night woke up today excellent fair good poor EXERCISE time type	Lunch Notes WHAT I ATE FOR Breakfast	Dinner Snack (optional) Dinner

DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
6	to bed last night	Breakfast	Snack (optional)
	woke up today		
	O good O poor		
	EXERCISE time	Lunch	Dinner
	type		
	MOOD & ENERGY		
	o excellent of fair	Notes	
	○ good ○ poor		
DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
	to bed last night	Breakfast	Snack (optional)
7	woke up today		
	o excellent of fair		
	○ good ○ poor		
	EXERCISE	Lunch_	Dinner
	time		
	type		
	MOOD & ENERGY		
	o excellent of fair	Notes	
	O good O poor		
DAY	SLEEP TIME & QUALITY	: WHAT I ATE FOR	
	to bed last night	Breakfast	Snack (optional)
8	woke up today		
	o excellent o fair		
	O good O poor		
	EXERCISE	Lunch	Dinner
	time	Luncii	Diffile
	type		
	MOOD & ENERGY		
	o excellent of fair	Notes	
	O good O poor	TVOCCS	
DAY		•	
DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
9	to bed last night	Breakfast	Snack (optional)
	woke up today O excellent O fair		
	O good O poor		
	EXERCISE	Lunch	Dinner
	time		
	type		
	MOOD & ENERGY		
	o excellent of fair	Notes	
	O good O poor		

DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
10	to bed last night	Breakfast	Snack (optional)
	woke up today O excellent O fair		
	O good O poor		
	EXERCISE		
	time	Lunch	Dinner
	type		
	MAAR A FINEROV		
	MOOD & ENERGY O excellent O fair		
	O good O poor	Notes	
DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
	to bed last night	Breakfast	Snack (optional)
W	woke up today		
	O excellent O fair		
	O good O poor		
	EXERCISE	Lunch	Dinner
	time		
	type		
	MOOD & ENERGY		
	o excellent of fair	Notes	
	O good O poor		
DAY	SLEEP TIME & QUALITY	: WHAT I ATE FOR	
	to bed last night	Breakfast	Snack (optional)
12	woke up today		
	o excellent o fair		
	O good O poor		
	EXERCISE	Lunch	Dinner
	time		
	type		
	MOOD & ENERGY		
	o excellent o fair	Notes	
	○ good ○ poor		
DAV		•	
DAY	SLEEP TIME & QUALITY	WHAT I ATE FOR	
13	to bed last night woke up today	Breakfast	Snack (optional)
	excellent of fair		
	O good O poor	-	
	EXERCISE		
	time	Lunch	Dinner
	type		
	MOOD & ENERGY		
	o excellent o fair	Notes	
	○ good ○ poor		

THE 21-DAYSUGAR DETOX DAILY SUCCESS LOG

DAY	SLEEP TIME & QUAL	TY WHAT I	ATE FOR	
170	to bed last night	Breakfast	t Snack (optional)	
	woke up today			
	o excellent o fa			
	O good O p	or		
	EXERCISE	Lunch	Dinner	
	time		DIIIIEI	
	type			
	MOOD & ENERGY			
	o excellent o fa	r		
	O good O p			
DAV	SLEEP TIME & QUAL	TY WHAT I	ATE FOR	
DAY	to bed last night		Snack (optional)	
15	woke up today			
	o excellent of fa	r		
	O good O p	or		
	EXERCISE	Lunch	Dinner	
	time		Diffiler	
	type			
	MOOD & ENERGY	N		
	excellentgoodp			
DAY	SLEEP TIME & QUAL	ITY : WHAT I	ATE FOR	
DAI	to bed last night		Snack (optional)	
16	woke up today		Shack (Optional)	
	O excellent O fa	r		
	O good O p	oor		
	○ good ○ p EXERCISE		Diana	
			Dinner	
	EXERCISE		Dinner	
	time		Dinner	
	EXERCISE time type MOOD & ENERGY	Lunch		
	EXERCISE time type MOOD & ENERGY O excellent	Lunch r Notes	Dinner	
	EXERCISE time type MOOD & ENERGY	r Notes		
DAY	EXERCISE time type MOOD & ENERGY excellent good p	r Notes		
	EXERCISE time type MOOD & ENERGY excellent of fa good p SLEEP TIME & QUAL	r Notes TY WHAT I	ATE FOR	
DAY	time type MOOD & ENERGY excellent good p	r Notes TY WHAT I A Breakfast		
	EXERCISE time type MOOD & ENERGY O excellent O good O p SLEEP TIME & QUAL to bed last night	r Notes TY WHAT I / Breakfast	ATE FOR	
	EXERCISE time type MOOD & ENERGY O excellent O fa O good O p SLEEP TIME & QUAL to bed last night woke up today	r Notes TY WHAT I A Breakfast	ATE FOR	
	EXERCISE time type MOOD & ENERGY O excellent of factoring for the factoring factoring for the factoring f	r Notes TY WHAT I A Breakfast r or	ATE FOR Snack (optional)	
	EXERCISE time type MOOD & ENERGY O excellent of a good possible process proce	r Notes TY WHAT I A Breakfast r or Lunch	ATE FOR	
	EXERCISE time type MOOD & ENERGY	r Notes TY WHAT I A Breakfast r or Lunch	ATE FOR Snack (optional)	
	EXERCISE time type MOOD & ENERGY O excellent of factoring for the	r Notes TY WHAT I A Breakfast r or Lunch	ATE FOR Snack (optional)	
	EXERCISE time type MOOD & ENERGY O excellent of factoring for the	r Notes TY WHAT I A Breakfast r or Lunch	ATE FOR Snack (optional) Dinner	
	EXERCISE time type MOOD & ENERGY O excellent of factoring for the	r Notes r Notes TY WHAT I A Breakfast r Or Lunch Notes Notes	ATE FOR Snack (optional)	

DAY	SLEEP TIME 8	& QUALITY	WHAT I ATE FOR	
18	to bed last nigh		Breakfast	Snack (optional)
	woke up today_			
	excellentgood			
		Opoor		
	EXERCISE		Lunch	Dinner
	time			
	type			
	MOOD & ENE	RGY		
	excellent	O fair	Notes	
	O good	O poor		
			••••••	
DAY	SLEEP TIME &		WHAT I ATE FOR	
	to bed last nigh		Breakfast	Snack (optional)
	woke up today			
	O excellent	_		
	good	Opoor		
	EXERCISE		Lunch	Dinner
	time			
	type			
	MOOD & ENE	DGV		
	excellent		Notes	
	O good		110105	
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DAY	SLEEP TIME	& QUALITY	WHAT I ATE FOR	
20	to bed last nigh		Breakfast	Snack (optional)
20	woke up today			
	O excellent	_		
	good	Opoor		
	EXERCISE		Lunch	Dinner
	time			
	type			
	MOOD & ENE	RGY		
	excellent	○ fair	Notes	
	O good	O poor		
			:	
DAY	SLEEP TIME 8		WHAT I ATE FOR	
21	to bed last nigh		Breakfast	Snack (optional)
	woke up today_	_		
	O excellent	O fair		
	O good	O poor		
	EXERCISE		Lunch	Dinner
	time			
			I .	
	type			
		RGY		
	MOOD & ENE O excellent	RGY Ofair		