



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

21-Day Detox Diary (Phase I)



Copyright © 2021, Forward Fitness 360, LLC d/b/a/ Healthy Body Healthy Life

All rights reserved. No portion of this book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or website and has written approval prior to publishing.

HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



Day 1: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1-2 Tbsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

<p>With Breakfast Smoothie:</p> <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	<p>With Lunch Smoothie:</p> <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	<p>With Dinner:</p> <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
--	--	--

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____

3. What did you do for relaxation? (activity & duration) _____

4. Detox reactions? _____



Day 2: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

With Breakfast Smoothie: <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	With Lunch Smoothie: <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	With Dinner: <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
---	---	---

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____

3. What did you do for relaxation? (activity & duration) _____

4. Detox reactions? _____



Day 3: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

<p>With Breakfast Smoothie:</p> <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	<p>With Lunch Smoothie:</p> <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	<p>With Dinner:</p> <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
--	--	--

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____

3. What did you do for relaxation? (activity & duration) _____

4. Detox reactions? _____



Day 4: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

<p>With Breakfast Smoothie:</p> <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	<p>With Lunch Smoothie:</p> <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	<p>With Dinner:</p> <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
--	--	--

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____

3. What did you do for relaxation? (activity & duration) _____

4. Detox reactions? _____



Day 5: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

<p>With Breakfast Smoothie:</p> <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	<p>With Lunch Smoothie:</p> <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	<p>With Dinner:</p> <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
--	--	--

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____

3. What did you do for relaxation? (activity & duration) _____

4. Detox reactions? _____



Day 6: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

<p>With Breakfast Smoothie:</p> <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	<p>With Lunch Smoothie:</p> <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	<p>With Dinner:</p> <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
--	--	--

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____
3. What did you do for relaxation? (activity & duration) _____
4. Detox reactions? _____



Day 7: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

<p>With Breakfast Smoothie:</p> <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	<p>With Lunch Smoothie:</p> <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	<p>With Dinner:</p> <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
--	--	--

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____
3. What did you do for relaxation? (activity & duration) _____
4. Detox reactions? _____



Day 8: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

With Breakfast Smoothie: <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	With Lunch Smoothie: <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	With Dinner: <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
---	---	---

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____
3. What did you do for relaxation? (activity & duration) _____
4. Detox reactions? _____



Day 9: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

<p>With Breakfast Smoothie:</p> <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	<p>With Lunch Smoothie:</p> <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	<p>With Dinner:</p> <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
--	--	--

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____
3. What did you do for relaxation? (activity & duration) _____
4. Detox reactions? _____



Day 10: _____

Morning Ritual:

- Start your day doing a 10 to 30-minute meditation practice.
- Follow your meditation practice with 8-10 oz. of warm water with fresh lemon and 1 tsp of olive oil.
- Follow your lemon water with 30-60 minutes of gentle yoga, walking and/or other “work in exercises.
- Follow your exercise with a smoothie.

Evening Ritual:

- Take an Epsom salt bath every evening. (add 1 cup salt and relaxing essential oil.)
- End your day doing a 10 to 30-minute meditation practice.

Water Goal: _____ (ounces) **Actual Water Intake:** _____ (ounces)

Meal Plan

Breakfast Time:	
Snack Time:	
Lunch Time:	
Snack Time:	
Dinner Time:	
Snack Time:	

Supplements

<p>With Breakfast Smoothie:</p> <ul style="list-style-type: none"> • 1-2 caps HLC Potency • 1-2 caps Digestive Enzymes Ultra 	<p>With Lunch Smoothie:</p> <ul style="list-style-type: none"> • 1 scoop ClearVite mixed with 8 oz. water • 1-2 caps Digestive Enzymes Ultra 	<p>With Dinner:</p> <ul style="list-style-type: none"> • 1-2 caps Digestive Enzymes Ultra
--	--	--

Other:

1. Bowel movements (times, color, size, shape) _____

2. What time did you get up? _____ What time did you go to sleep? (The goal is 10pm) _____

3. What did you do for relaxation? (activity & duration) _____

4. Detox reactions? _____