



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

# 21-Day Detox Diary (Phase 2)



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[HealthyBodyHealthyLife.com](http://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 11:** \_\_\_\_\_

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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

**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**

<b>Breakfast Time:</b>	
<b>Snack Time:</b>	
<b>Lunch Time:</b>	
<b>Snack Time:</b>	
<b>Dinner Time:</b>	
<b>Snack Time:</b>	

**Supplements**

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