

# Clear The Clutter Checklist

5 SIMPLE WAYS TO DETOX YOUR BODY & FEEL BETTER

- INCREASE YOUR WATER INTAKE - 30 DAY WAY CHALLENGE
- SWITCH TO A NATURAL DEODERANT
- SKIP THE PRESERVATIVES - 30 DAYS OF NO PRESERVATIVES
- EXERCISE- MOVE YOUR BODY 20 MINUTES A DAY
- TAKE A PROBIOTIC

## Personal Health Goals

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