



MY WINS

DO AT LEAST ONE FROM EACH LIST DAILY

These actions will become your new **rituals** for your best health!

Emotions

- Gratitude
- Affirmation
- Meditation

FRI SAT SUN MON TUE WED THU

Blue Light Protection

- Wear orange lenses
- Keep lights low after dusk
- Protect skin from blue light

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(at least neck scarf to protect your thyroid)

Get Out & Show Some Skin!

- AM sunlight (best at sunrise)
- PM sunlight (near sunset)
- Short sun breaks during day

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Distance Yourself From the Phone FRI SAT SUN MON TUE WED THU

No phone in bedroom

No phone to your ear

No phone/tablet on body

Practice Safe Computing FRI SAT SUN MON TUE WED THU

Turn off Wi-Fi at night

No laptop on your lap!

Three nights test

Clean Out the Kitchen FRI SAT SUN MON TUE WED THU

Replace packaged foods and plastic storage containers

Replace non-stick cookware

Buy organic food

- (see Dirty Dozen and Clean 15 lists)

Get Clean Alternatives FRI SAT SUN MON TUE WED THU

Vacuum, dust & mop often to reduce PBDE exposure

Replace toxic body care (see *Skin Deep Database*)

Replace toxic cleaning products (see *Guide to Healthy Cleaning*)

Get Your Exercise Right

Add gentle movement to your A.M. sun & meditation (walking, yoga are great)

Add HIIT or Legs-Up-the-Wall Pose to your A.M. or noon routine

Try a new activity you think would make moving your body more fun! (Hint: The gym sucks. Get outside.)

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Real Food Meals...FAST!

Get any kitchen essentials you're missing

Make a one-pan dinner two nights this week

If you have a Hot Logic Mini, make your super fast lunch at least two times this week. If you don't have a HLM, get one!

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