Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Hot Water with Lemon														
Flax Cocktail AM PM														
12 Hour Over- Night Fast (note hours)														
Deep Breathing														
Dry Skin Brushing														
Detox Tea														
Enema														
Hours of Sleep														
Cleanse Enhancing Activities														
Fullness Scale (1-10)														
Movement														