



GREEN Cleanse: 12 Daily Habits for a Deep, Effective Cleanse

The following are recommended actions for all the phases of the program. These are practices that you would be well served to make an integral part of your daily life, throughout the program and afterwards as well.

You can simply be conscious of and apply these activities or you can print this document and complete the daily checkboxes to help keep yourself active and engaged in these new activities. The choice is yours.

Get started with these habits from the very first day of the GREEN Cleanse Program and you'll dramatically increase the benefits you experience from participation in the program.

Cleansing Habits

1. **Greens:** Consume one to two pounds of greens (or more) throughout the day. This can be as salads, soups, in patés, in smoothies, and in dehydrated crackers. (**Deep Cleanse** participants will consume all of this as smoothies.)
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
2. **Meal Size:** Eat enough to keep up your energy level without overeating.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
3. **Blended Greens:** Consume at least 32 ounces of green smoothie or soup each day. (On the **Deep Cleanse** option, you'll be consuming a lot more than this.)
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
4. **Chew:** When eating whole fruits or vegetables, chew thoroughly so the effect is similar to blending.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat

Cleansing Habits - continued

5. **Relax at Meals:** Drink and eat in a relaxed state to facilitate digestion.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
6. **Exercise:** Exercise daily or at least 4 times a week, working your way up to at least 30 - 40 minutes at a time.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
7. **Get Outside:** Get fresh air and sunshine each day if possible.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
8. **Sleep:** Get sufficient rest and sleep.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
9. **Fun:** Take time out each day to do something fun.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
10. **Water:** Drink 1/2 your body weight in fluid ounces of water each day to aid in elimination.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
11. **Breathe:** Practice deep abdominal breathing -- especially before each meal -- so that digestion can be efficient.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
12. **Gratitude:** Practice daily appreciations.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat