

Life's Daily Reminders

Best Practices for Weight Loss with the 17 Day Diet

Hydration Checklist

Morning Wake-up Drink: Hot Lemon Water

☐ Drink within a half-hour of waking

At least eight 8-oz glasses of plain water

☐☐☐☐ ☐☐☐☐

Green Tea at meal time (serve hot or cold)

☐☐☐

Quick links

[Cycle 1 Food List](#)

[C1 Challenge \(every quarter\)](#)

[Quick Start Guide for the 17 Day Diet](#)



Presented by: [17ddBlog.com](#)

I Believe... My Daily Affirmations

- I deserve to be at my ideal weight and strive to reach this goal daily.
- I let go of any guilt I hold around food choices.
- I am happy and healthy.
- Weight loss comes easily to me.

Say your affirmations daily. Keep your self-talk positive and uplifting, and believe you are worth every ounce of health and happiness that comes your way!

Goals & Gratitude

1

2

3