

THE 5 STAR DIET CARD

DAYS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Stars	Percent
Stars For 1st 8 Hrs																
Stars For 2nd 8 Hrs																
Stars For Good Sleep																
Combined Total Stars =																

14 DAY EVENT CONSIDERATIONS

Up to 5-stars for liquids only during the 1st half day

Up to 5-stars for eating veggie and fruit strong

Up to 5-stars for having a great sleep

Shoot for a combined total of over 80%

Join in and start counting your lucky stars

Free Monthly Member Supported Events

<https://www.facebook.com/groups/JuiceEatHealthy/>

<https://www.facebook.com/groups/WorldwideJuicing/>

Day / Date	Daily Highlights
1 /	
2 /	
3 /	
4 /	
5 /	
6 /	
7 /	
8 /	
9 /	
10 /	
11 /	
12 /	
13 /	
14 /	

Use back for more journal notes