



MY WINS

DO AT LEAST ONE FROM EACH LIST DAILY

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

Emotions

FRI SAT SUN MON TUE WED THU

Gratitude

Affirmation

Meditation

Blue Light Protection

FRI SAT SUN MON TUE WED THU

Wear orange lenses

Keep lights low after dusk

Protect skin from blue light

(at least neck scarf to protect your thyroid)

Get Out & Show Some Skin!

FRI SAT SUN MON TUE WED THU

AM sunlight (best at sunrise)

PM sunlight (near sunset)

Short sun breaks during day

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.)

FRI SAT SUN MON TUE WED THU

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!

FRI SAT SUN MON TUE WED THU
