1. **Every Saturday** meal plan for the up-coming week – grocery shop
2. **Every Monday – Friday** execute the meal plan – stick to it
3. **Every Monday – Friday** do something to get your heart rate up/stretch
4. **Every Monday – Friday** select super foods / limit sugar
5. **Every Monday – Friday** eat on a salad plate, not a dinner plate
6. **Every Monday – Friday** avoid as much gluten as you can
7. **Every Monday – Friday** drink a minimum of 32 oz of water
8. **Every Monday – Friday** be sure to clean the kitchen before going to bed
9. **Every Monday & Wednesday & Friday** practice intermittent fasting
10. **Every Monday & Wednesday & Friday** drink 4 oz of Apple Cider Vinegar
11. **Every Saturday** deep clean refrigerator and meal plan again
12. **Every Saturday** take the time to look back on your week to see what worked, what didn’t, what made you feel stronger, when did the brain fog seem to not be there, when did you feel most energized? Take time to look back, evaluate, make changes, and plan for more D.H.O’s for the up coming week.
13. **Every Day** – take a whole food vitamin  –\*\* talk to your doctor about adding probiotics, additional iodine, zinc, or Vitamin D to your daily intact of supplements.
14. **Every Day – PRAY**. I put this last because I wanted it to be the FOUNDATION to everything listed above it. We get to pray to the Maker of our bodies every day about how we are taking care of it, and so let’s always, always start there…pray and ask God to show you what’s best for you because as we move into 2020, we are at the beginning to a brand new year with all new opportunities ahead of us by Him!