

Name: _____

90 Day Journey to Renewing Your Body

Date: _____

Week One-Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	Free Day
Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	
Veggies	Veggies	Veggies	Veggies	Veggies	Veggies	
Bounce 2-3 minutes		Bounce 2-3 minutes		Bounce 2-3 minutes		Rest
Walk 15 minutes	Walk 15 minutes	Walk 15 minutes	Walk 15 minutes	Walk 15 minutes	Walk 15 minutes	
Week Two-Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	Fast
Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	
Veggies	Veggies	Veggies	Veggies	Veggies	Veggies	
Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	
Eat 2 eggs today	Eat 2 eggs today	Eat 2 eggs today	Eat 2 eggs today	Eat 2 eggs today	Eat 2 eggs today	
Bounce 3-4 minutes	Bounce 3-4 minutes	Bounce 3-4 minutes	Bounce 3-4 minutes	Bounce 3-4 minutes	Bounce 3-4 minutes	Light Stretching
Walk 20 minutes	Walk 20 minutes	Walk 20 minutes	Walk 20 minutes	Walk 20 minutes	Walk 20 minutes	
Week Three-Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
8oz. hot lemon water	8oz. hot lemon water	Free Day	8oz. hot lemon water	8oz. hot lemon water	8oz. hot lemon water	Fast
Vitamins	Vitamins		Vitamins	Vitamins	Vitamins	
Veggies	Veggies		Veggies	Veggies	Veggies	
Drink 64 oz. Water	Drink 64 oz. Water		Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	
Eat 2 eggs today	Eat 2 eggs today		Eat 2 eggs today	Eat 2 eggs today	Eat 2 eggs today	
Salad	Salad		Salad	Salad	Salad	
Bounce 4 minutes		Bounce 4 minutes		Bounce 4 minutes	Bounce 4 minutes	Light Stretching
Walk 20 minutes	Walk 20 minutes	Walk 20 minutes	Walk 20 minutes	Walk 20 minutes	Walk 20 minutes	
Week Four-Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Fast	Water/cb juice/husk	Free Day	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Free Day
	Vitamins		Vitamins	Vitamins	Vitamins	
	Veggies		Veggies	Veggies	Veggies	
	Drink 64 oz. Water		Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	
	Eat 2 eggs today		Eat 2 eggs today	Eat 2 eggs today	Eat 2 eggs today	
	Salad		Salad	Salad	Salad	
Light Stretching			Strength Training	Strength Training	Strength Training	Rest
	Bounce 5 minutes		Bounce 5 minutes	Bounce 5 minutes	Bounce 6 minutes	
	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	

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Week Five-Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Fast
Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	
Veggies	Veggies	Veggies	Veggies	Veggies	Veggies	
Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	
Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	
Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch	
Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Light Stretching
Bounce 6 minutes		Bounce 7 minutes		Bounce 7 minutes	Bounce 8 minutes	
Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	
Week Six-Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Free Day	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Fast
	Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	
	Veggies	Veggies	Veggies	Veggies	Veggies	
	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	
	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	
	Salad with protein	Salad with protein	Salad with protein	Salad with protein	Salad with protein	
Walk 30 minutes	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Light Stretching
Strength Training	Bounce 8 minutes	Bounce 9 minutes	Bounce 8 minutes		Bounce 10 minutes	
	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	
Week Seven-Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Fast	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Free Day
	Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	
	Veggies	Veggies	Veggies	Veggies	Veggies	
	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	
	Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake	
	Salad with protein	Salad with protein	Salad with protein	Salad with protein	Salad with protein	
			Eat 2 Eggs	Eat 2 Eggs	Eat 2 Eggs	
Light Stretching	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Rest
		Bounce 10 minutes	Bounce 11 minutes	Bounce 11 minutes	Bounce 12 minutes	
	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	
Week Eight-Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Water/cb juice/husk	Free Day
Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	
Veggies	Veggies	Veggies	Veggies	Veggies	Veggies	
Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	
Salad	Salad	Salad	Salad	Salad	Salad	
Eat 2 Eggs	Eat 2 Eggs	Eat 2 Eggs	Eat 2 Eggs	Eat 2 Eggs	Eat 2 Eggs	
Lemon Water (twice)	Lemon Water (twice)	Lemon Water (twice)	Lemon Water (twice)	Lemon Water (twice)	Lemon Water (twice)	
Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Rest
Bounce 13 minutes	Bounce 13 minutes		Bounce 14 minutes		Bounce 14 minutes	
Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	

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Week Nine-Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Free Day	Water/ACV/honey	Fast
Vitamins	Vitamins	Vitamins	Vitamins		Vitamins	
Veggies	Veggies	Veggies	Veggies		Veggies	
Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water		Drink 64 oz. Water	
2 Eggs	2 Eggs	2 Eggs	2 Eggs		2 Eggs	
Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch		Salad with lunch	
Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner		Protein/veggies dinner	Light Stretching
Lemon Water	Lemon Water	Lemon Water	Lemon Water		Lemon Water	
Strength Training		Strength Training		Strength Training		
Bounce15 minutes		Bounce15 minutes		Bounce15 minutes	Bounce15 minutes	
Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	
Week Ten-Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
Fast	Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Water/ACV/honey
	Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	Vitamins
	Veggies	Veggies	Veggies	Veggies	Veggies	Veggies
	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water
	2 Eggs	2 Eggs	2 Eggs	2 Eggs	2 Eggs	2 Eggs
	Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch
	Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner
	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water
Light Stretching			Strength Training		Strength Training	Strength Training
			Bounce 9 minutes		Bounce 9 minutes	Bounce 9 minutes
	Walk 30 minutes	Walk 45 minutes	Walk 30 minutes	Walk 45 minutes	Walk 30 minutes	Walk 30 minutes
Week Eleven-Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77
Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Free Day	Water/ACV/honey	Water/ACV/honey	Free Day
Vitamins	Vitamins	Vitamins		Vitamins	Vitamins	
Veggies	Veggies	Veggies		Veggies	Veggies	
Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water		Drink 64 oz. Water	Drink 64 oz. Water	
2 Eggs	2 Eggs	2 Eggs		2 Eggs	2 Eggs	
Apple mid morning	Apple mid morning	Apple mid morning		Apple mid morning	Apple mid morning	
Salad with lunch	Salad with lunch	Salad with lunch		Salad with lunch	Salad with lunch	
Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner		Protein/veggies dinner	Protein/veggies dinner	
Lemon Water	Lemon Water	Lemon Water		Lemon Water	Lemon Water	
Bounce10 minutes		Bounce10 minutes		Bounce10 minutes		
Walk 30 minutes	Walk 45 minutes	Walk 30 minutes	Walk 45 min.	Walk 30 minutes	Walk 45 minutes	Rest
		Strength Training		Strength Training		

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Week Twelve-Day 78	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84
Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Free Day	Water/ACV/honey	Water/ACV/honey	Fast
Vitamins	Vitamins	Vitamins		Vitamins	Vitamins	
Veggies	Veggies	Veggies		Veggies	Veggies	
Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water		Drink 64 oz. Water	Drink 64 oz. Water	
2 Eggs	2 Eggs	2 Eggs		2 Eggs	2 Eggs	
Apple/grapefruit a.m.	Apple/grapefruit a.m.	Apple/grapefruit a.m.		Apple/grapefruit a.m.	Apple/grapefruit a.m.	
Salad with lunch	Salad with lunch	Salad with lunch		Salad with lunch	Salad with lunch	Light Stretching
Fruit /protein p.m.	Fruit /protein p.m.	Fruit /protein p.m.		Fruit /protein p.m.	Fruit /protein p.m.	
Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner		Protein/veggies dinner	Protein/veggies dinner	
Lemon Water	Lemon Water	Lemon Water		Lemon Water	Lemon Water	
Bounce10 minutes	Bounce10 minutes		Bounce10 minutes		Bounce10 minutes	
Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 30 minutes	Walk 45 min.	Walk 30 minutes	
	Strength Training		Strength Training		Strength Training	
Week Thirteen-Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	
Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	Water/ACV/honey	FAST	
Vitamins	Vitamins	Vitamins	Vitamins	Vitamins	OR	
Veggies	Veggies	Veggies	Veggies	Veggies	FEAST	
Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water	Drink 64 oz. Water		
2 Eggs	2 Eggs	2 Eggs	2 Eggs	2 Eggs		
Apple/grapefruit a.m.	Apple/grapefruit a.m.	Apple/grapefruit a.m.	Apple/grapefruit a.m.	Apple/grapefruit a.m.		
Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch	Salad with lunch		
Fruit /protein p.m.	Fruit /protein p.m.	Fruit /protein p.m.	Fruit /protein p.m.	Fruit /protein p.m.		
Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner	Protein/veggies dinner		
Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	EXERCISE	
Bounce10 minutes			Bounce10 minutes	Bounce10 minutes	YOUR	
Walk 30 minutes	Walk 45 minutes	Rest	Walk 30 minutes	Walk 30 minutes	CHOICE	
Strength Training				Strength Training		