

28 Days to Restore Your Gut

DAILY CHECKLIST

*Small Victories
Add Up to Big
Transformation*

HOW IT WORKS



Breakfast

Lunch

Dinner

Water

Reflection

Sleep



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28