



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