

## C-G DAILY ROUTINE

A 'Custodian-Guardian Daily-routine' is essential for a healthy life.

Get up, have a glass of lightly chilled filtered water, go toilet, do 'Daily-Fit (Exercises)', worship 'Daily-Prayer', wash face & hands, have breakfast & get dressed. Check your 'Planner'. Now you're ready for challenges. 'Have a Good-Day, may **1GOD** Bless you'.

A 'Daily-routine' includes cleanliness & feeding not only of I but all other people & creatures depending on you. Wash hands after every toilet visit & before every feed. Wash face before every feed. Brush teeth & wash whole body before going to bed. Feed 5 times a day: 'Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner'. Have a glass of lightly chilled filtered water with each feed. Before every feed you worship: **Thank\_You\_Prayer**

Every week-day needs to have a food theme: e. g.

Day 1: Vegetables; Day 2: Poultry; Day 3: Mammal; Mid-week: Reptile; Day 5: Seafood; Week-end: Nuts & Seeds; Fun-Day: Insects.

A 'Daily-routine' includes being good & punishing Evil. Being good involves doing '**Random acts of Kindness**'. Be kind to I, to people around you, community, other creatures, habitat... **1GOD** loves Random acts of Kindness. Punish Evil use the '**Law-Giver Manifest**' as guide.

Endeavor to 'Seek, gain & apply Knowledge', '**Learn & Teach**' & pass on 'Life-experiences'. Learning, Teaching passing on Life-experiences are essential to a useful **1GOD** pleasing life. These activities help in 'harmonizing' with the habitat & survival of species. Seeking gaining & applying Knowledge helps with answering **1GOD**'s questions on Judgment-Day.

Rest is needed for survival & good health. The main rest is '**Sleep**'. Sleep ends the Daily-routine. 1 hour should have passed since feed & cleansing. Worship '**Sleep-Prayer**'. To get restful re-vitalizing sleep the bedroom must be as dark as possible & an absence of internal & external noise is a must. A 'Shire' implemented Night-Curfew makes this possible.

When going outside always wear suitable 'Protective-clothing'. To protect (eyes, hair, skin & feet) the human-body from climate, disease & pollution.

When doing Daily-Fit (Exercises) use commonsense on how fast to reach maximum repeats. Exercising 1 day & not the next is not beneficial.

Avoid unhealthy Nourishment. Alcohol, Artificial sweetener, Fructose (glucose, sugar), Genetic modified food (GM), Manufactured-food,...

**1God 1FAITH 1CHURCH Universe Custodian Guardians**