

## The Prediabetes Detox Daily Checklist

Date	Example							
Fasting Glucose	87							
Hours Sleep	9							
Sunshine	Yes							
Exercise	Yes							
Skin Brushing	Yes							
Sauna or Bath	Sauna							
Relaxation	Yes							
Fluid Intake	75 oz							
Cups of Tea	3							
Detox Vegetables	2 cups							
Fermented Foods	Yes							
Flax or Psyllium	2 tbsp							
MVM	X							
Vitamin C	X							
Magnesium	X							
Vitamin D	X							
ALA	X							
EPA + DHA	X							
Detox Herbs	X							
Notes	Felt great today							