

MY 90-Day Vitality Plan & Evaluation

Maximize Vitality-Maximize Sunrider Food Benefits-

SR Basics: Indicate servings/day	Begin	Mo 1		Mo 2		Mo 3		Mo 4	Mo 5	Mo 6
		Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12			
NuPlus®										
Quinary®										
Calli®										
Fortune Delight®										
SunnyDew®										
Spirulina® Complete Protein, Pulls out Heavy Metals, Loaded/ Minerals, Anti-fungal										

My Water Needs – Water critical for every function– Fill in box, then circle box you want to work on-2 wk.	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6
½ body weight in ounces										
Type of Water: Reverse Osmosis or Distilled										
+2 cups H ₂ O for every cup caffeinated or soda										

Sleep – When Body Regenerates – Fill in box Fill in box, then circle box to you want to work on this 2 weeks	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6
7-8 hrs/night (adult needs)										
Hours before midnight most effective – bedtime goal										
Go to sleep quickly										
# of times awaken during night										
Return to sleep if awakened										
Awake rested										
Short Naps during day (refresh the body)(set timer)										

Table Foods: Fill in box, then circle box to you want to work on this 2 weeks	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6
Upon Rising: Drink-lemon water										
Meal time: digestion ends by 7pm.										
Meal time: happy time, no stress										
Very sparingly: sugar and fat combo										
Less fat: oils, fries, dressings, cooking										
Less meat, no pork										
Less or no dairy										
Less or no Eggs										
No GMO Grains, Corn, Wheat, Soy										
Easy to Digest Legumes										
Nuts soaked										
More: Abundant vegetables – # servings per day										
More: Abundant fruits –#servings number per day										
Snacks – fruit is liver & brain’s important food										

Fun Sweaty Activity-only pump for lymphatic’s Fill in box, then circle box to you want to work on this 2 weeks	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6
Activity I enjoy										
20 min daily										
Feel refreshed after										

Elimination-Critical Indicator of Health Fill in box, then circle box to you want to work on this 2 weeks	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6
Bowel movement 3 xs a day										
Well formed – good bacteria in gut										
Floats – good fiber, less fat										

Stress Fill in box, then circle box to you want to work on this 2 weeks	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6
Stress Level										
Main Stressors										
Main Stressors										
Main Stressors										

Spiritual Fill in box, then circle box to you want to work on this 2 weeks	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6
Daily meet with My Creator -										
Daily Praise & Gratitude										
Additional Daily Reading to Grow										

Medications: (Have you checked the side effects?) Fill in box, then circle box to you want to work on this 2 weeks	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6
1.										
2.										
3.										
4.										

Spinal Alignment – Atlas Orthogonal Fill in box, then circle box to you want to work on this 2 weeks	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12	Mo 4	Mo 5	Mo 6

Lifting the Liver's Load Fill in box, then circle box to you want to work on this 2 weeks	Begin	Mo 1		Mo 2		Mo 3		Mo 4	Mo 5	Mo 6
		Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12			
<i>Intermittent Fasting - (every 3 hrs. liver & brain need glucose)</i>										
<i>Restart: 10 Day Fruits and Veggies</i>										
<i>No Dairy</i>										
<i>No Eggs #1 pathogen feeder</i>										
<i>No Pork</i>										
<i>No Meat</i>										
<i>Weekend: SR 2xs a day</i>										
<i>Weekend: SR 3xs a day</i>										
<i>Breakfast - blender full of fruit and Sunrider</i>										
<i>Lunch - Legumes/meat/ vegetable/salad/Sandwich - Sunrider</i>										
<i>Supper - Pasta/Rice/Veggi/Soup/Fruit/ Salads/Sandwich - Sunrider</i>										

Top Symptoms/Systems Working On:

Directions: Place an X if you have experienced any of these health challenges

7	Mononucleosis	Lupus	Lyme Disease	Hypothyroidism
	Hyperthyroidism	Atrophy of Thyroid	Graves Disease	Hashimoto
	Hepatitis C	Adrenal Fatigue	Hypoglycemia	Diabetes
	Cancer	Celiac disease	Polycystic ovarian	Fibromyalgia
	Chronic fatigue	Rheumatoid arthritis	Tinnitus	Vertigo
	Meniere's disease	Pulmonary fibroids	Cystic fibrosis	Interstitial lung disease
	Ehlers-Danios syndrome	Multiple sclerosis	Sarcoidosis	Other:

Directions: Grade severity of the symptom 1 (least) - 10 (most). Leave BLANK if NO Symptom(s)

	Symptom	Brief Description (Optional)	Begin	Wk	Wk	Wk	Wk	Wk	Wk
				2	4	6	8	10	12
8	Acne								
	ADD/ADHD								
	Adrenal Glands								
	Allergies								
	Alzheimer's								
	Anemia								
	Anger								
	Anxiety								
	Appetite								
	Arteriosclerosis								
	Arthritis								
	Asthma								
	Back Pain								
	Bad breath								
	Bed Wetting								
	Bell's Palsy								
	Bites								
	Bladder								
	Blood Pressure High/ Low								
	Boils								
	Bones								
	Breathing								
	Bronchitis								
	Bruises								
	Burns								
	Cancer								
	Candida								
	Canker Sores								
	Carpal Tunnel								
	Chest Pains/ Congestion								
	Cataracts								
	Cholesterol								
	Circulation								
	Cold- Catch colds easily								
	Cold Temperature								
	Colic								
	Colon								

Symptom	Brief Description (Optional)	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12
Constipation								
Cough								
Cravings								
Dandruff								
Depression								
Diabetes								
Diarrhea								
Digestion								
Dizzy Spells								
Ear Infection/ringing								
Edema								
Emphysema								
Epilepsy								
Fatigue								
Fever								
Flu								
Gallstones								
Gangrene								
Gas								
Gout								
Gums								
Hair Issues								
Headache								
Heart Issues								
Heartburn								
Hemorrhoids								
Herpes								
Hiatal Hernia								
Hives								
Hormones								
Hyperactive								
Hypertension								
Hypoglycemia								
Hyper/Hypothyroidism								
Impotence								
Incontinence								
Indigestion								
Insomnia								
Joint pain								
Kidney Issues								
Kidney Stones								
Laryngitis								
Leprosy								
Leukemia								
Liver								
Lung issues								

Symptom	Brief Description (Optional)	Begin	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12
Lupus								
Lymph Glands								
Menopause								
Menstrual cramps								
Migraines								
Mononucleosis								
Mucous								
Nails								
Nausea								
Nervousness								
Nose Bleeds								
Parasites								
Parkinson's								
Perspiration								
PMS								
Pneumonia								
Polyps								
Pregnancy								
Prostate								
Psoriasis								
Rash								
Reproductive								
Respiratory								
Rheumatism								
Ring worm								
Seizures								
Shingles								
Sinus								
Skin Issues								
Snoring								
Sore Throat								
Stomach								
Stress								
Stroke								
Sty								
Teething								
Tennis Elbow								
Tonsillitis								
Tumors								
Ulcers								
Urinary Infections								
Various Veins								
Vertigo								
Weight-Over/Under								
Yeast Infections								
Other:								