

WEIGHT		WEATHER		LOCATION			DATE: 2/29/16	
157.6		A.M. CLEAR		A.M. PV/PA			MON	
		NOON		NOON SJ			PH#	22
		P.M.		P.M. PV			DAY OF MOON CYCLE FROM NEW MOON	
SLEEP				FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.								
1:00 A.M.								
2:00 A.M.								
3:00 A.M.								
4:00 A.M.								
5:00 A.M.		CNTX STRETCH						
6:00 A.M.		BEN & TURBIDUCH TYPICAL		UR	DILAWHE			H2O + LEMON
7:00 A.M.		VITAMINS			VEG		Eggs	COFFEE
8:00 A.M.				BM				
9:00 A.M.								TEA
10:00 A.M.		AYUQUEVA		UR				
11:00 A.M.		w/ SUMITA		UR				
12 NOON								H2O
1:00 P.M.								
2:00 P.M.								H2O
3:00 P.M.								
4:00 P.M.					APPLE	P-NM BUTTER		ROMBOSHA
5:00 P.M.		HYPO REST						
6:00 P.M.					VEG	QUINOA	FISH	
7:00 P.M.						P-NM BUTTER		TEA
8:00 P.M.		ALOE + TURMERIC						
9:00 P.M.	20	MOSE(20)71						
10:00 P.M.				BM				
11:00 P.M.								
12:00 A.M.								

CNT = CHI NEI TSANG MOVES
 STRETCH = IN BED: CHILD POSE, STRETCH HOLDING HEELS AND FOLDING ARMS IN FRONT OF STOMACH, BENDING FORWARD

CNTX STRETCH
 BEN & TURBIDUCH TYPICAL

WEIGHT		WEATHER		LOCATION			DATE: 3/1/16	
156.2		A.M. CLEAR		A.M. PV			TUES	
		NOON		NOON SJ			PH#	23
		P.M.		P.M. PV				
	SLEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.		Low DREAM		UR				
1:00 A.M.								
2:00 A.M.		✓ ✓		UR				
3:00 A.M.								
4:00 A.M.								
5:00 A.M.		✓ ✓ CNT = CHINEE TSANG						
6:00 A.M.		STRETCHING BED & TUB		ORANGE				H2O + LEMON
7:00 A.M.		VITAMINS: D3,		BM	VEG		Eggs	COFFEE
8:00 A.M.		OMEGA, B-COMPLEX		BM				
9:00 A.M.		CALCIUM, MAG, ZINC						
10:00 A.M.		EX #1-3 STRETCHES		10 MIN				
11:00 A.M.								HOT H2O + LIME
12 NOON		20 MIN - PITA MUSIC		UR	VEG	QUINOA	FISH	
1:00 P.M.		LIGHT BROWN, FLOATING		BM				
2:00 P.M.								
3:00 P.M.								
4:00 P.M.				UR				
5:00 P.M.		TUB - RELAX				CASHEWS		H2O
6:00 P.M.					SALTD HUMMUS	CRACKER'S CASHEWS		
7:00 P.M.								TEA
8:00 P.M.		ALOE & TURMERIC		UR				
9:00 P.M.		MUSE						
10:00 P.M.		CNT = STOMACH "MID-LINES"						
11:00 P.M.								
12:00 A.M.				UR				

CAMOMILE
CINNAMON
CARDAMOM
CLOVES

WEIGHT		WEATHER		LOCATION			DATE: WED	
155.8		A.M. CLEAR		A.M. PV			3/2/16	
		NOON		NOON			PH#	24
		P.M.		P.M.				
	SLEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.	[Sleep graph]		UR					
1:00 A.M.								
2:00 A.M.			UR					
3:00 A.M.								
4:00 A.M.		LOW DREAM CNT + BED STRETCH UR						
5:00 A.M.		TUB / STRETCH / BREATHE		DRINK				H2O & LIME
6:00 A.M.					VEG		Eggs	COFFEE
7:00 A.M.			Bm Bm					
8:00 A.M.								
9:00 A.M.								
10:00 A.M.		ROMBUCHIT & SIT		UR				
11:00 A.M.								
12 NOON		WORKED LONG IN AM DID A FAIRLY INTENSE 1650E		UR		LSMOOTHIE		
1:00 P.M.		REST + MUSIC (15)			BERRIES	NUTS / SEEDS		ALMONDS MILK
2:00 P.M.			UR		+ MACA, CHAYENNE, CINNAMON			H2O NUTRIE
3:00 P.M.								
4:00 P.M.		HOT TUB - 20 MIN						
5:00 P.M.								
6:00 P.M.			UR		VEG SALAD	QUINOA	FISH	H2O
7:00 P.M.						CASHEWS		
8:00 P.M.		ALOE + TURMERIC						TEA
9:00 P.M.	20	MUSE		UR				
10:00 P.M.	[Sleep graph]							
11:00 P.M.								
12:00 A.M.								

H2O & LIME
 EGGS
 COFFEE
 ALMONDS MILK
 H2O
 NUTRIE
 1/2 CANNY BAR FROM JIM
 ALOE & TURMERIC

WEIGHT		WEATHER		LOCATION			DATE: THUR	
156.2/155.2		A.M. LIGHT RAIN		A.M. PU			3/3/16	
AFTER		NOON CLOUDY		NOON SU/PV/WOOD SIDE			PH#	25
HOT TUB		P.M.		P.M. PU				
EXERCISE								
SLEEP								
				FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.								
1:00 A.M.			UR					
2:00 A.M.								
3:00 A.M.								
4:00 A.M.		CNT + BLEB STRETCH TUB	UR	ORANGE				H2O LEMON
5:00 A.M.								
6:00 A.M.		VITAMINS			VEG		Eggs	H2O
7:00 A.M.								COF
8:00 A.M.								
9:00 A.M.		HYDROREST (20)	UR					H2O
10:00 A.M.								COFF
11:00 A.M.								
12 NOON				SALAD				
1:00 P.M.				MARINATED	KALE			
2:00 P.M.			UR		CHICKPEAS			
3:00 P.M.		KOMBUCHA				CASHEWS		H2O
4:00 P.M.								
5:00 P.M.		HOT TUB (20)	UR	ORANGE				
6:00 P.M.					SALAD	CRACKER		
7:00 P.M.					VEG	QUINOA		
8:00 P.M.					AVOCADO	HUMMUS		TEA
9:00 P.M.		MUSE (31) -20						ALOE & TURMERIC
10:00 P.M.								
11:00 P.M.								
12:00 A.M.								

COOKIE AT HAIR SALON (300 ONLY ONE...)

WEIGHT		WEATHER		LOCATION			DATE: SAT	
154.8 / 154.6		A.M. CLOUDY		A.M. PV			3/5/16	
		NOON		NOON ↓ SE			PH#	27
		P.M.		P.M.				
	SLEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.								
1:00 A.M.								
2:00 A.M.			UR					
3:00 A.M.		READ, SLEEP (Hypnosis)						
4:00 A.M.								
5:00 A.M.								
6:00 A.M.		CUT + BED TUB		UR	ORANGE			H2O + LIME
7:00 A.M.		VITA.			VEG	QUINOA	Eggs	H2O
8:00 A.M.			BM					COFFEE
9:00 A.M.			UR					
10:00 A.M.								H2O
11:00 A.M.			UR					
12 NOON		MOUSE (20)						
1:00 P.M.								
2:00 P.M.			UR					H2O
3:00 P.M.				TRAIL MIX				
4:00 P.M.		WEDDING W/ SE		UR				
5:00 P.M.								H2O
6:00 P.M.					POTATOES SALAD	RAMOUS	FISH PRIME	H2O + B
7:00 P.M.			UR					1/4 GLASS
8:00 P.M.								CHAMPAGNE COOKIES
9:00 P.M.								
10:00 P.M.								
11:00 P.M.			SX					
12:00 A.M.								

WEIGHT		WEATHER		LOCATION			DATE: MON	
154.8/155		A.M. RAIN		A.M. PV			3-7-16	
		NOON CLOUDY		NOON ↓			PH#	29
		P.M.		P.M. ↓			DAY BEFORE	
							NEW MOON	
	SLEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.								
1:00 A.M.								
2:00 A.M.								
3:00 A.M.			UR					
4:00 A.M.		BED CNT + VATA CD						
5:00 A.M.		TUB TYPICAL	UR	ORANGE				H2O
6:00 A.M.					VEG		EGLS	COFFEE
7:00 A.M.			BM					
8:00 A.M.								H2O
9:00 A.M.								
10:00 A.M.			UR		SMOOTHIE			ALMOND MILK
11:00 A.M.		HYPO-REST			BAHAMA BERRIES	UTS		
12 NOON								
1:00 P.M.								
2:00 P.M.			UR					
3:00 P.M.								
4:00 P.M.					HUMMUS	CHIPS		
5:00 P.M.		HOT TUB						
6:00 P.M.			UR		VEG		FISH	
7:00 P.M.		KOMBUCHA				CASHEWS		
8:00 P.M.								
9:00 P.M.		ALOE + TURMERIC						
10:00 P.M.			UR					
11:00 P.M.								
12:00 A.M.								

