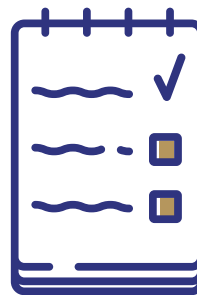


CHECKLIST & CALENDAR

I'm not a big fan of New Year's resolutions simply because it's too easy to abandon them by February (and then feel guilty about it the rest of the year!).



Start fresh
every January!



But I do love the idea of a fresh start every January to refocus on our health and choose some new habits to add to our routines.



by month

Here's a list of the steps you can take annually to dial in your health, maintain your metabolism, and keep your system detoxified. You can do any of them whenever it best suits your schedule, but this is the calendar my team and I typically follow...



HEALTHY habits

january

7-Day Detoxifying Cleanse

I recommend a quarterly detox, and it's the perfect way to kick off the new year right.

march

Repeat Cycles 1 & 2 of the Sugar Impact Diet to check for changes in your carb tolerance

If you haven't ever done the Sugar Impact Diet, add Cycle 3 as well to find your starting point.

may

7-Day Detoxifying Cleanse

Post-spring break and headed into summer vacation is the ideal time to detox again.

june

Annual Visit to Functional Healthcare Practitioner

Don't let this one slide! Ask for a complete thyroid panel including antibodies, lipid profile with cholesterol fractionation test, and sex hormone testing every year.

august

7-Day Detoxifying Cleanse

Time for another cleanse as everyone heads back to school, work, and a more hectic schedule.

september

Repeat Cycles 1 & 2 of The Virgin Diet to check for changes in your food intolerances

If it's your first time doing The Virgin Diet, do Cycle 3 as well to find the right long-term fit.

october

Repeat the Miracle Mindset Quickstart Program

It's ideal timing for a reset, so you can stay positive and pay attention to self-care during the holidays.

november

7-Day Detoxifying Cleanse

I recommend you do this one early in the month in preparation for all the big meals and rich foods to come...

every week

Now for a list of daily and weekly habits that can go a long way toward helping you lose weight and keep it off, as well as balance your hormones and maintain a positive mindset.

You're probably already doing a number of these, but there will also be some that you can either improve or start fresh. Choose one new habit to focus on at a time – when you've made it your own, then start on another one.

nutrition habits

- ☐ 8+ glasses of water daily
- ☐ Daily weigh-in
- ☐ Weekly measurements of waist and hips
- ☐ Daily food journaling
- ☐ [Morning smoothie](#)
- ☐ Slow down and chew more when eating
- ☐ [Daily supplements](#)
- ☐ Daily fiber of 35-50 grams
- ☐ 5+ servings of non-starchy veggies daily
- ☐ Overnight fast of at least 12 hours



*support
your body*

mindset habits

- ☐ Daily gratitude
- ☐ Daily mindfulness practice
(tapping, prayer/meditation, restorative yoga)
- ☐ Daily connection time with loved ones
- ☐ 15 min+ enlightened reading daily
(self-help books, scripture, or learning something new)
- ☐ Evening sleep prep routine
- ☐ [Sleep 7-9 hours a night](#)



health & fitness habits

- ☐ Detox support 2+ times a week
(infrared sauna, float tanks, epsom salts baths, dry brushing)
- ☐ HIIT 3+ times a week (high-intensity interval, or burst training)
- ☐ Bodywork 2+ times per month
(massage, reiki, acupuncture, rolling)
- ☐ Do core exercises 2+ times a week
- ☐ Resistance training 2+ times a week
- ☐ Move more daily (6,000+ steps)
- ☐ Floss daily
- ☐ Use a clean sunscreen daily on face, hands, and chest
(like [Annmarie Gianni Sun Love](#))

