

# My Success Chart

The gray section is very important. The Yes's should at least equal the No's. When this is not the case and you have been taking the WoW herbs use a Laxative Fruit at bedtime.

min. Rebounding (3 min.)	Bowels 1 for Yes 0 for No	Breakfast				Bowels 1 for Yes 0 for No	Lunch				Bowels 1 for Yes 0 for No	Between Meal			Bowels 1 for Yes 0 for No	Supper			Bowels 1 for Yes 0 for No	Between Meal			Bowels 1 for Yes 0 for No	Laxative Fruit oz.	
		8 oz. Water	8 oz. Healthy Cell Tea	8 oz. Fruit Juice	Red WoW Herbs		Cabbage Carrot Slaw oz.	Raw Vegetable oz.	Cooked Vegetable oz.	Sauteed Dressing oz.		1 Small Potato	1 Whole Wheat Toast	OR		2 Corn Tortilla	Yellow WoW Herbs	8 oz. Water		8 oz. Healthy Cell Tea	8 oz. Fruit Juice	Cooked or Raw Fruit oz.			Cottage Cheese oz.
The green section is the next group of importance. You should work at having a check mark in every box.																									
The yellow section is the least of importance you should work at filling yourself with the group above.																									
																							Today my success is		%

## WoW Plan day 1 of weeks 1&2

Totals for the day

Rebounding	3 min.
Bowels	1
8 oz. Water	96 oz.
8 oz. Healthy Cell tea	72 oz.
8 oz. Fruit Juice	48 oz.
Cabbage Carrot Slaw	8 oz.
Raw Vegetable	8 oz.
Sauteed Dressing	8 oz.
WoW Herbs	2
Cooked or Raw Fruit	16 oz.
Cottage Cheese	16 oz.
Laxative Fruit	
To Days Total	

When starting do only a minute or two then slowly increase until you are doing 15 min.

It's not necessary to have the bowels so loose that you spend all your time in the restroom.

96 oz. } Fluids help alkalize the bodies pH. They also help emulsify (break down) fat and toxins then carry it from the body. Are you drinking the right amount of fluid ?  
72 oz.  
48 oz.

8 oz. } High fiber, nutrient dense food rendering only 1 calorie per gram.  
8 oz.  
8 oz.

2 WoW Herbs are designed to normalize pH and help with complete nutrition.

16 oz. High fiber, nutrient dense food rendering only 1 calorie per gram.

16 oz. Helps transition you from a typical diet to a detoxifying one.

To avoid extras eat more food in the green section.

Totals	0
	0

Totals to date

Rebounding	3 minute
Bowels	1
8 oz. Water	96 oz.
8 oz. Healthy Cell tea	72 oz.
8 oz. Fruit Juice	48 oz.
Cabbage Carrot Slaw	8 oz.
Raw Vegetable	8 oz.
Sauteed Dressing	8 oz.
WoW Herbs	2
Cooked or Raw Fruit	16 oz.
Cottage Cheese	16 oz.
Laxative Fruit	
Possible Totals	278

Time	
pH	

Time	
pH	

Time	
pH	

Time	
pH	

Time	
pH	

Time	
pH	

Average pH

Checking pH morning and night is generally sufficient. Your pH should be from 7.0 - 8.0

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