HEALTHY LIVING SAVES LIVES COMMUNITY

The Overall goal is to eventually DECREASE your reliability on medication. BUT DO NOT ALTER your medication use without your doctors consent!!!!!!!!!!!

Daily Accountability Tracking

NAME:	**EMAIL:**											
ORGANIZATION:	**TELEPHONE:**											
	GOAL	**STARTING**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Ending/Subtotal**	**% of Goal**	
												MARKETPLACE
Weight												
										0		
		The Overall goal is to DeCREASE the # of days each week Medication is needed based on Doctors advice										
Medications										0		
Diabetes										0		
A1C												
Insulin shots												
Medformin												
Other Medication												
Cardiovascular Disease/Heart Disease										0		
# of Pills taking										0		www.layunacarson.com
										0		
High Blood Pressure										0		
Blood Pressure - Top Number												
Blood Pressure - Bottom Number												
# of Pills taking										0		
High Cholesterol										0		
# of Pills taking										0		
			The Overall goal is to **INCREASE** the # of hours spent exercising each week							0		
Exercise - hours per week										0		
Exercise - Strength/ Resistance Training Hours per week										0		
(includes weight lifting and High Intensity Interval Training (HIIT)										0		
shown to be heart healthy, good for bones)										0		
			The Overall goal is to **INCREASE** the # of days each week **NOT** doing these unhealthy things							0		I AM GOD POWERED
Diet - Days Drank NO soft Drinks												
Diet - Days Drank NO sugery Drinks										0		Gifts and Accessories
Diet - (Avoid all foods with High Fructose Corn Syrup, Aspertame,										0		
Sucrolose, (Use Stevia or Monk Fruit instead), MSG, and GMO foods)										0		
Diet - Days No Fast Foods										0		
(such as pizza, McDonalds, KFC, Wendy's, Churches, etc)										0		
Diet- Days NOT cooking with bad Oils										0		
(this includes vegetable , canola, palm, corn, seed, etc)										0		
	GOAL	**STARTING**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Ending/Subtotal**	**% of Goal**	
			The Overall goal is to **INCREASE** the # of days each week **DOING** these healthy things							0		
Diet - Days Ate foods/drinks with pro-biotics										0		
Diet - Days Ate little/low carb foods										0		
Diet - Days Ate High protein/good fats										0		
(such as Olive Oil, Avacado, fish, etc										0		
if you eat animal foods- eat grass fed and organic and small portions)										0		
Diet - Days Ate Mostly vegetables,nuts, legumes and fruits/berries										0		
also Mushrooms, Avacado,Beans, broccoli, spinach, Kale,Collards, etc										0		
Diet - Days Ate NO or very little sugary foods										0		
such as cookies, cakes, ice cream, cereals										0		
Diet - Days Ate NO or very little Starchy foods										0		
such as potatoes, rice, pasta, breads (even whole wheat)										0		
Diet - Days Ate Wild Alaskan Salmon,										0		
Diet - Days Drank half your weight in water in ounces										0		
			The Overall goal is to **INCREASE** the # of days each week **DOING** these healthy things							0		
Days Getting 30+minutes fresh Air/Sunshine										0		
										0		
Sleep - Bedtime by 10pm -11pm and at least 7 hours										0		
										0		
Days with NO Smoking										0		
										0		
Days spending time in Prayer/Meditation										0		
	GOAL	**STARTING**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Ending/Subtotal**	**% of Goal**	
MOVEMENT IS MEDICINE!										0		
Try Intermittant fasting										0		
Time Restricted eating -eat only during 6 hr period (ex.1pm - 7pm)										0		
18 hours with no solid food- only water, teas,juice, coffee										0		
Benefits - restores Insulin Sensitivity										0		
-improve microbiota (Gut bacteria)										0		
-Improve Leaky Gut Syndrome										0		
-BURNS BELLY FAT!										0		

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