

# *Checklist – Week 4 – Cleanse*

PROGRESS, NOT PERFECTION!

## ☐ *Keep eating in your Fertile Food Plan*

- Use the Fertility Food Plan checklist as a daily and weekly guide
- These are minimums, not maximums
- Continue eating whole, unprocessed foods and concentrate on eating enough

## ☐ *Toxin Elimination Continues*

- Consult Week 4 of the TEP
- Continue castor oil packs

## ☐ *Sleep Strategies*

- Pick at least 1 thing from the Sleep Strategies download to start doing to help optimize your sleep and circadian rhythm

## ☐ *Stress Strategies (GAMS Method)*

- Get yourself a journal of some sort and begin writing your morning and evening gratitude
- Pick at least 1 acute stress management techniques from the Stress Strategies download to add in to your daily routine (deep breathing, tapping, gargling, etc.)
- Meditate at least 5 minutes daily OR do body forms of meditation like yoga