

Your Starter Manual has the fridge-door checklist for quick check-offs. This tracker goes one layer deeper. Two minutes each evening: check off what you did, rate how you felt, and write one line about the day. By Day 21 you'll have three weeks of your own data, and it will tell you things no lab test can.

Rate each category 1–5, where 5 is your best. For cravings, 5 means none at all. Don't overthink the numbers. Your first instinct is the right answer, and the pattern across weeks matters more than any single day.

Why Bother Tracking

Memory is a terrible historian. By Week 3 you will not remember how bad the Day 3 headache was, or that you used to crash every afternoon at 2:30. The tracker remembers for you. It also earns its keep after the cleanse: when you challenge foods, you'll compare how you feel against these baseline numbers, and when you repeat the CleanUP seasonally, Week 1 gets easier when you can see on paper that the dip ends.

Week 1 · Days 1–7

Day 1 — Prep Day

Date _____

Juices, broths, and smoothies only. No solid food, no supplements today. Complete your Metabolic Health Assessment before you start.

☐ Assessment done ☐ Juices / broths only ☐ Water goal ☐ Gentle movement ☐ One modality

Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 2

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality

Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 3

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality

Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 4

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality

Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 5

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality

Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 6

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ ModalityEnergy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 7

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ ModalityEnergy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 8

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ ModalityEnergy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 9

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ ModalityEnergy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 10

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ ModalityEnergy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 11

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ ModalityEnergy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 12

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ ModalityEnergy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 13

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ ModalityEnergy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 14

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality
 Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 15

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality
 Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 16

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality
 Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 17

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality
 Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 18

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality
 Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 19

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality
 Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 20

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality
 Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

Day 21

Date _____

☐ Morning drink ☐ Smoothie ☐ Packet ☐ Daily dressing ☐ Skin brush ☐ Contrast shower ☐ Water goal ☐ Movement ☐ Modality
 Energy ☐ Mood ☐ Digestion ☐ Sleep ☐ Cravings ☐ Notes _____

You Made It. Now What?

- Repeat your Metabolic Health Assessment and compare it to Day 1. That's your change, in your own numbers.
- Flip back through this tracker. When did your energy turn? What days were hardest, and what helped? Bring it to your Exit Consultation.
- Start the challenge phase with the How to Challenge handout, one food at a time. Your notes here are the baseline you're comparing against.
- Keep the pieces of the routine that earned their place. Most people keep the morning drink, the water goal, and the daily movement for good.