



DAILY CHECKLIST

- STRETCH 2 JOINTS FOR 30SEC EACH
- HAVE 2 ANTI-INFLAMMORY FRUITS
- COMPLETE ONE EXERCISE
- ADD 2 ANTI-INFLAMMATORY HERBS TO YOUR LUNCH
- DRINK WATER!
- COMPLETE ANOTHER EXERCISE
- STRETCH 2 JOINTS FOR 30SEC EACH
- ADD 2 ANTI-INFLAMMATORY VEGETABLES TO YOUR DINNER
- STRETCH 2 JOINTS FOR 30SEC EACH
- GIVE YOURSELF SOME CREDIT. YOU DID IT!