

# Candida Cleanse

## Progress Tracker

"A healthy outside starts from the inside."

Foods to avoid this week

WEEK: \_\_\_\_\_

peanut junk food sugar bread pasta grapes alcohol bananas mangoes milk cheese potatoes corn rice  
sugary snacks beans soft drinks ketchup mayonnaise energy drinks coffee processed meats soy sauce fruit juices

Vitamins - Supplements	M	T	W	T	F	S	S
.....							
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Mood	M	T	W	T	F	S	S
.....							
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Energy Levels	M	T	W	T	F	S	S
.....							
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Digestive health	M	T	W	T	F	S	S
.....							
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

End of the week reflection

How was my sleep schedule this week?

😊 Great   😊 Good   😐 Okay   😞 Not good   😡 Awful

What challenges did I face?

\_\_\_\_\_

\_\_\_\_\_

What went well?

\_\_\_\_\_

\_\_\_\_\_

How will I address these challenges next week?

\_\_\_\_\_

\_\_\_\_\_

Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_