







# WEEK SIX

## DYNAMIC DEVELOPMENT CHART



**Sari's Natural Medicine**  
REBALANCE. REBUILD. REVITALISE. REJUVENATE.

Continue to implement Week 1-5 Fundamental Challenges.

- Keep a record of your daily water intake.
- Each  represents 250ml of water - colour/mark/tick each glass as you go.
- This chart represents 3 litres per day - do not drink more than this unless you have discussed it with Sari.
- Keep a record of your deep breathing exercises. Mark a  for every 15 minutes of breathing exercises.
- Keep track of how many tins of sardines you are consuming each week. Each  equals one tin.
- No refined grains. Practice food combining. Mark a  each time you replace refined grains.
- Eat organic blue corn chips, 400g per week. Mark a  for each 100g
- Perform reflexology of 10 minutes per foot each day. Mark the  when both feet have been given 10 minutes of reflexology.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
