WEEK TWO
DYNAMIC DEVELOPMENT CHART

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

- Keep a record of your daily water intake.
- Each glass 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 star for every 15 minutes of breathing exercises.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY