










WEEK NINE

DYNAMIC DEVELOPMENT CHART

Continue to implement Week 1-8 Fundamental Challenges.

- Keep a record of your daily water intake. 
- Keep a record of your deep breathing exercises. 15 minutes = 
- Quantity of Sardines you are consuming each week. 1 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.
- Replace sugary foods with healthy alternatives - mark 
- Regularly exercise (up to 30 minutes x 5 days for endurance, 2 days x 20 minutes strength training. 15 minutes = 
- Do the spinal twist at least twice per day.  Equals completion of one spinal twist session

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DYNAMIC DEVELOPMENT CHART



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
