

DAILY TO DO LIST



- Wake up at your scheduled “wake time.”
- Set a timer to remind yourself to stand every 30 minutes.
- Center yourself with an OZtube meditation.
- Get moving with an OZtube fasted exercise routine.
- Break your fast with 10 a.m. brunch!
(greens + beans or grains + protein)
- Take 1,200 IU of vitamin D.
- Take multivitamin with 8mg Zinc.
- Video chat or have a socially distanced walk with a friend.
- Hungry? Have a System Oz snack.
- Stop drinking coffee by 3 p.m.
- Check in with your accountability partner.
- Dessert? Try a System Oz treat.
- Stop eating at 6 p.m.
- Turn off your social media feed at 6 p.m.
- Turn on the blue-light blocker on your phone and computer.