

SYSTEM

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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 *OZ TUBE* MEDITATION

GET MOVING WITH AN *OZ TUBE* FASTED EXERCISE ROUTINE

BREAK YOUR FAST WITH 10AM BRUNCH!
(GREENS + BEANS OR GRAINS + PROTEIN + OMEGA-3 BOOST)

TAKE 1,200 IU OF VITAMIN D

TAKE MULTIVITAMIN WITH 8 MG ZINC

VIDEO CHAT OR HAVE A SOCIALLY DISTANCED WALK WITH A FRIEND

HUNGRY? HAVE A "DR. OZ-APPROVED SNACK"

CUT YOUR COFFEE OFF BY 3PM

CHECK-IN WITH YOUR ACCOUNTABILITY PARTNER

DESSERT? TRY 1oz DARK CHOCOLATE

CUT OFF EATING AT 6PM

TURN OFF YOUR SOCIAL MEDIA NEWS FEED AT 6PM

TURN ON THE BLUE-LIGHT BLOCKER ON YOUR PHONE
AND COMPUTER