

I will do my best to commit to The Hallelujah Diet for the next 60 days.

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| You can do it! |
| Date Start |
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| ist of all physical symptoms on start date |
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| My Daily Diary | | | | Week One |
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| HALI | LELUJAH ÅCRES e Juice Up Your Life | | www.60dayJuice | Up.com • www.hacres.com |

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| My Daily Diary | | Week Three |
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| My Daily D | Piary | | | | Week Four |
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| My Daily Diary | Week Five |
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| My Daily Diary | Week Six |
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| My Daily Diary | | Week Seven |
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| My Daily | Diary | | | | Week Eight |
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| My Daily Diary | | | | Week Nine |
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Week One

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
| | O No |
| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
| I consumed green vegetables today? | O Yes |
| | O No |
| I handled stress | O Yes |
| properly today? | O No |
| I fed my mind knowledge about my amazing body today? | O Yes O No |
| I was able to refuse all foods not on The Hallelujah Diet today? | O Yes O No |

Week Two

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
| | O No |
| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
| I consumed green vegetables today? | O Yes |
| | O No |
| I handled stress | O Yes |
| properly today? | O No |
| I fed my mind knowledge about my amazing body today? | O Yes O No |
| I was able to refuse all foods not on The Hallelujah Diet today? | O Yes O No |

Week Three

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
| | O No |
| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
| I consumed green vegetables today? | O Yes |
| | O No |
| I handled stress | O Yes |
| properly today? | O No |
| I fed my mind knowledge about my amazing body today? | O Yes O No |
| I was able to refuse all foods not on The Hallelujah Diet today? | O Yes O No |

Week Four

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
| | O No |
| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
| I consumed green vegetables today? | O Yes |
| | O No |
| I handled stress | O Yes |
| properly today? | O No |
| I fed my mind knowledge about my amazing body today? | O Yes O No |
| I was able to refuse all foods not on The Hallelujah Diet today? | O Yes O No |

Week Five

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
| | O No |
| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
| I consumed green vegetables today? | O Yes |
| | O No |
| I handled stress | O Yes |
| properly today? | O No |
| I fed my mind knowledge about my amazing body today? | O Yes O No |
| I was able to refuse all foods not on The Hallelujah Diet today? | O Yes O No |

Week Six

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
| | O No |
| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
| I consumed green vegetables today? | O Yes |
| | O No |
| I handled stress | O Yes |
| properly today? | O No |
| I fed my mind knowledge about my amazing body today? | O Yes O No |
| I was able to refuse all foods not on The Hallelujah Diet today? | O Yes O No |

Week Seven

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
| | O No |
| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
| I consumed green vegetables today? | O Yes |
| | O No |
| I handled stress | O Yes |
| properly today? | O No |
| I fed my mind knowledge about my amazing body today? | O Yes O No |
| I was able to refuse all foods not on The Hallelujah Diet today? | O Yes O No |

Week Eight

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
| | O No |
| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
| I consumed green vegetables today? | O Yes |
| | O No |
| I handled stress | O Yes |
| properly today? | O No |
| I fed my mind knowledge about my amazing body today? | O Yes |
| | O No |
| I was able to refuse all foods not on The Hallelujah Diet today? | O Yes O No |

Week Nine

| My Daily Tasks | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| I had my 3 | O Yes |
| BarleyMax today? | O No |
| How many 8 oz glasses of freshly extracted vegetable juice did I have today? | # | # | # | # | # | # | # |
| I remembered to drink sufficient water today? | O Yes |
| | O No |
| I exercised today? | O Yes |
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| I took my Fiber Cleanse | O Yes |
| or flax today? | O No |
| I had my daily quiet time | O Yes |
| with God? | O No |
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| properly today? | O No |
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