

# 4 WEEKS TO WELLNESS (4W2W)




CALENDAR

<b>1</b> <input type="checkbox"/>	<b>2</b> <input type="checkbox"/>	<b>3</b> <input type="checkbox"/>	<b>4</b> <input type="checkbox"/>	<b>5</b> <input type="checkbox"/>	<b>6</b> <input type="checkbox"/>	<b>7</b> <input type="checkbox"/>
• Digestive Application			• Lymphatic Application			

<b>8</b> <input type="checkbox"/>	<b>9</b> <input type="checkbox"/>	<b>10</b> <input type="checkbox"/>	<b>11</b> <input type="checkbox"/>	<b>12</b> <input type="checkbox"/>	<b>13</b> <input type="checkbox"/>	<b>14</b> <input type="checkbox"/>
• Forgiveness Application			• Inflammatory Application			

<b>15</b> <input type="checkbox"/>	<b>16</b> <input type="checkbox"/>	<b>17</b> <input type="checkbox"/>	<b>18</b> <input type="checkbox"/>	<b>19</b> <input type="checkbox"/>	<b>20</b> <input type="checkbox"/>	<b>21</b> <input type="checkbox"/>
• Solar Application			• Hormone B. Application		• Cellular Application	

<b>22</b> <input type="checkbox"/>	<b>23</b> <input type="checkbox"/>	<b>24</b> <input type="checkbox"/>	<b>25</b> <input type="checkbox"/>	<b>26</b> <input type="checkbox"/>	<b>27</b> <input type="checkbox"/>	<b>28</b> <input type="checkbox"/>
• C2 Application			• ID Application		• Emobic Application	

 Do not perform any application on a day with this grey X.