

**21** DAY  
LIFESTYLE  
TRANSFORMATION  
SIMPLE DAILY STEPS TO REGAIN YOUR HEALTH



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## 21-Day Lifestyle Transformation

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### A Dedication to Make a Healthy Life Transformation

Research demonstrates that it takes 21 days to establish a different pattern. Dedicate yourself to implement these steps to transform your health. When you do this, you will experience amazing changes when you develop healthy routines in place of current actions that are robbing you of your health and vitality. The following actions are simple to do. You can do them! By implementing these changes, you will notice significant changes in how you look and feel.

- 1. Eliminate white flour food** – Eat only 100% whole grain products. This is how nature created them.
- 2. Reduce all sugar** – If you must have a sweetener, use Stevia.
- 3. Consume raw foods** - Raw foods provide vitamins, minerals, and enzymes that help to digest your food. These are often destroyed in cooking.
- 4. Do not drink carbonated beverages** – Pure filtered water is best. Drink at least 64 oz. per day.
- 5. Take vitamins** – Use a health care professional to determine what your specific needs are.
- 6. Exercise consistently** – Implement an exercise program that works for you. Best results can be obtained by combining strength training, stretching, and cardiovascular activities. Make sure that you have a rest day.
- 7. No fried foods** – The best way to cook your foods is to broil, bake, or steam them.
- 8. Other** – You may have another habit that you want to transform. This may include smoking, caffeine, etc. Use this to start making changes. You can use the “Make better bad choices approach.”

### **21 Day Promise to Transforming Your Life**

I promise to do my best to take the above action steps to transform my health. I commit to follow through on each action until they become my standard of my healthy lifestyle.

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Signature

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Date

