

Morning Routines



Supplements

- ☐ Wellbutrin
- ☐ Bulletproof
- ☐ D3
- ☐ K3
- ☐ Maca
- ☐ Citrulline
- ☐ Betaine HCl
- ☐ DHEA
- ☐ Glutathione
- ☐ Attent
- ☐ Energy
- ☐ B Complex

Measurements

- ☐ Weight — — —
- ☐ BG — — —
- ☐ Ketones — — —

Other

- ☐ Mynoxi
- ☐ Teeth
- ☐ Shower
- ☐ Shave

Temp

- ☐ Agisten Tush - started 30Apr

Afternoon Routines

Supplements

- ☐ Maca
- ☐ Citrulline
- ☐ Betaine HCl
- ☐ DHEA
- ☐ Zinc picnulate

Temp





Supplements

- ☐ Magnesium Glycinate
- ☐ L Thianine
- ☐ Ashwagandah
- ☐ Maca
- ☐ Lutein
- ☐ Collagen
- ☐ DHEA
- ☐ Delayed mag

- ☐ Mynoxi
- ☐ Moisturizer
- ☐ Camomile
- ☐ Meditate

Temp

- ☐ Agisten Tush - started 30Apr