

# Youthful Glow

## C H E C K L I S T

(Week):

(Year):

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MON

TEA FOCUS: LEMON WATER + GREEN TEA  
FOOD FOCUS: BERRIES + LEAFY GREENS  
EXERCISE: 30 MIN BRISK WALK

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TUE

TEA FOCUS: ROOIBOS TEA  
FOOD FOCUS: SALMON OR CHIA PUDDING  
EXERCISE: STRENGTH TRAINING LEGS+ARMS

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WED

TEA FOCUS: WHITE TEA  
FOOD FOCUS: AVOCADO TOAST WITH WHOLE GRAIN BREAD  
EXERCISE: 30 MIN YOGA FLOW

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THU

TEA FOCUS: GOTU KOLA TEA  
FOOD FOCUS: CITRUS & COLLAGEN-RICH FOODS  
EXERCISE: CORE & POSTURE WORKOUT

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FRI

TEA FOCUS: HIBISCUS TEA  
FOOD FOCUS: COLORFUL ROASTED VEGETABLES  
EXERCISE: STRENGTH TRAINING (BACK/CHEST)

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SAT

TEA FOCUS: JASMINE TEA  
FOOD FOCUS: HYDRATING FRUITS (MELON, PINEAPPLE)  
EXERCISE: NATURE WALK / HIKE

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SUN

TEA FOCUS: CHAMOMILE TEA (CALM START)  
FOOD FOCUS: BONE BROTH OR EGG-BASED BREAKFAST  
EXERCISE: STRETCHING + LIGHT CARDIO

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