

"Writing is medicine. It is an appropriate antidote to injury. It is an appropriate companion for any difficult change."

– Julia Cameron

My Juicy Journal



created with lots of love by... Zuzana and Nikki

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We have been encouraging our clients for years to "be aware" of their bodies in many ways. The 3-Day Juice Cleanse provides you with a beautiful opportunity to really get to know "YOU." Listen to what your body is telling you. If you wish, pull out your camera and take pictures of what your body looks like at the current moment before you even begin this wonderful journey to vibrant health.

Don't hold back! This experience is for you. This journal is dedicated to you and your goals. It's here to help you track your progress and write down your experiences. We promise that once it's all over, you will be happy you did!

Enjoy this experience and your journey!

Before you begin, take a moment and list some of your personal goals that you would like to achieve.

Today's Date: _____ Expected Date of Completion: _____

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Today was hopefully reasonably plain sailing. You should have enjoyed the novelty of just juicing, and your system should feel a little lighter and emptier.

How did I do with the juice cleanse today?

What were the highlights?

What lessons did I learn?

What am I thankful for right now?

How am I feeling right now?

How would I rate my overall energy level? (marks out of 10)

What can I do next to move forward on my goals?

Any other juicy comments?



For some people today can be the hardest day, for others, it is a breeze. Either way, having completed 48 hours you should feel great, and the rest of the cleanse should now be a breeze!

How did I do with the juice cleanse today?

What were the highlights?

What lessons did I learn?

What am I thankful for right now?

How am I feeling right now?

How would I rate my overall energy level? (marks out of 10)

What can I do next to move forward on my goals?

Any other juicy comments?



Wow, it's the last day. Just how juiced and empowered do you feel?

How did I do with the juice cleanse today?

What were the highlights?

What lessons did I learn?

What am I thankful for right now?

How am I feeling right now?

How would I rate my overall energy level? (marks out of 10)

What can I do next to move forward on my goals?

Any other juicy comments?



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