

FLORA

HABIT tracker

LET'S BEGIN A **30-DAY GUT HEALTH TRANSFORMATION**. USE THIS HABIT TRACKER TO TRACK **5 MINUTES OF MINDFULNESS** (YOGA OR MEDITATION) **PER DAY**. THIS WILL HELP HEAL YOUR NERVOUS SYSTEM, DEVELOP A HEALING MINDSET, AND RECOVER FROM DIGESTIVE SYMPTOMS.

Optional Additions to your 30-Day Gut Health Transformation

A Few Times Per Day

DEEP BREATHING
Before meals, in between meetings

POSITIVE AFFIRMATIONS
Every morning/ night

MINDFUL EATING
Explore the Mindful Eating/
Nutrition videos + "Cook w/ Me"
playlist for inspiration

A Few Times Per Week

YOGA CLASS
Vinyasa, Restorative, etc

JOURNALING
5-10 minutes

FLORA MODULES
Learn from the Nutrition
and Gut Healing Modules

Remember: Perfection is not the goal, but rather consistency and sustainability is the goal. Let's integrate FLORA in a way that feels beneficial for you.

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5-MINUTES A DAY OF MEDITATION OR YOGA CAN HELP YOU HEAL YOUR MIND-GUT CONNECTION. TRACK YOUR SESSIONS HERE.

30-day  gut health transformation

			1	M	t
M	t	W	W	T	f
T	f	s		s	S
2	S	CHOOSING HOW WE REACT TO STRESS & PRACTICING SELF-CARE ARE PIVOTAL FOR GUT HEALING		3	m
4	M	T	w	T	
t	W	f	s	S	
f	s	S			

Wellness Checks:

HYDRATION __

MINDFUL EATING __

FRUIT/VEG AT MEALS __



YOU'VE GOT THIS, KEEP CHOOSING YOU

THIS IS A REMINDER THAT ITS WHEN YOU ARE QUIET THAT YOU CAN LISTEN TO YOUR BODY & HEAL