

✓ MY BESTOW LOVE YOUR GUT DAILY CHECK-IN



TODAY'S DATE	
--------------	--

HOW AM I FEELING AT THE BEGINNING OF THE DAY?

BESTOW DAILY SKINCARE RITUALS	
RISE & SHINE	
TIME FOR TEA	
LOVE YOUR GUT SMOOTHIE	

BESTOW DAILY SOULCARE RITUALS <i>(these are introduced on days 4 to 7)</i>	
DRY BRUSHING + BATHTIME	
BLESSINGS	
BEAUTIFUL BREATHING	
MEDITATION	

EXERCISE TODAY

MY FAVOURITE RECIPE TODAY

EIGHT GLASSES OF WATER EACH DAY															
1		2		3		4		5		6		7		8	

HOW AM I FEELING AT THE END OF THE DAY?

*“Nourishing your body with real food
is a beautiful form of self-love”*