

THE NOURISHED 90

Daily Commitments

DRINK GALLON OF WATER

NO ALCOHOL

8 HOURS OF SLEEP

FRESH AIR – 45 MINUTES

MOVEMENT – 45 MINUTES

SOCIAL MEDIA OFF YOUR PHONE

ONLY NOURISHING FOODS

READ 5 PAGES OF A BOOK

GRATITUDE – 5 THINGS

Is it numbing or nourishing?