

# 28 Day Reset Diet



**Week #1**  
**Dr. Linda Marquez Goodine**

# Your Intentions

Date:

Notes

“Treat your body like a temple, not a woodshed. The mind and the body work together. Your body needs to be a good support system for the mind and the spirit. If you take good care of it, your body can take you wherever you want to go, with the power and strength and energy and vitality you will need to get there.”

– Jim Rohn

◆ My top THREE non scale health goals are:

1

2

3

◆ My THREE power words are:

1

2

3

◆ My I AM statement is:

◆ I can do anything I set my mind to & I am committed to this for 28 days

Your signature here:

28 DAY RESET DIET

DATE:



◆ For the next 28 days I am saying NO to:

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1

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2

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3

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4

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◆ Health Disruptors

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2

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6

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7

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9

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10

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◆ My top 3 action steps this week:

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