

CARE INSTRUCTIONS FOR MY INNER NEANDERTHAL

(Snazzy Thirty-Day Reminder Sheet to Copy for Each Care Instruction You Do)

This is the one I'm doing.

Care Instruction # _____ (fill in blank).

This Care Instruction is called:

_____ (fill in blank).

Make checkmarks to track progress.

___ Day 1	___ Day 8	___ Day 15	___ Day 22
___ Day 2	___ Day 9	___ Day 16	___ Day 23
___ Day 3	___ Day 10	___ Day 17	___ Day 24
___ Day 4	___ Day 11	___ Day 18	___ Day 25
___ Day 5	___ Day 12	___ Day 19	___ Day 26
___ Day 6	___ Day 13	___ Day 20	___ Day 27
___ Day 7	___ Day 14	___ Day 21	___ Day 28
			___ Day 29
			___ Day 30

(If you'd like, keep a simple journal of the differences you're experiencing, as you experience them.)

The above charts can be printed at: