

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.)