30 Day Mental Fast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
__ No TV/Newspaper __ No Negativity __ Read __ Audio __ Positive People __ Drink Water/Capsules __ Exercise __ Reflection	__ No TV/Newspaper __ No Negativity __ Read __ Audio __ Positive People __ Drink Water/Capsules __ Exercise __ Reflection	__ No TV/Newspaper __ No Negativity __ Read __ Audio __ Positive People __ Drink Water/Capsules __ Exercise __ Reflection	__ No TV/Newspaper __ No Negativity __ Read __ Audio __ Positive People __ Drink Water/Capsules __ Exercise __ Reflection	__ No TV/Newspaper __ No Negativity __ Read __ Audio __ Positive People __ Drink Water/Capsules __ Exercise __ Reflection	__ No TV/Newspaper __ No Negativity __ Read __ Audio __ Positive People __ Drink Water/Capsules __ Exercise __ Reflection	__ No TV/Newspaper __ No Negativity __ Read __ Audio __ Positive People __ Drink Water/Capsules __ Exercise __ Reflection
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by Dan Hansen