

Calotren® DAILY CHECKLIST



	M	T	W	TH	F	S	SU
Take Calotren							
Eat Breakfast							
Eat Vegetables							
Take Multi-Vitamin							
Sleep 7-8 Hours							

Drink 8 Glasses of Water Daily



30 Minutes of Physical Activity

Light Jog, Cycling, Walk the Dog....(fill in more activities)
