YOUR MICROBIOME

MOTIVATED
MONDAYS
A YEAR OF MINI RESOLUTIONS

This month, be sure to take the dental health quiz and continue logging all your past resolutions.

Week of 10/7						
Day	Exercise	Sleep	Sugar	Water	F&V	Breathing
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

Week of 10/14						
Day	Exercise	Sleep	Sugar	Water	F&V	Breathing
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

Week of 10/21						
Day	Exercise	Sleep	Sugar	Water	F&V	Breathing
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

CONCIERGE CHOICE PHYSICIANS