

BEYOND BOTOX

7 STRATEGIES FOR SEXY, AGELESS SKIN
WITHOUT NEEDLES OR SURGERY

7 Step Program Worksheet

Track your progress as you follow the 7 steps to sexy, ageless skin.

WEEK _____ Date: _____ to _____

Nourish

Check off the foods you worked into your diet each day – one check for each

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
<u>Anti-Oxidants</u>							
dark berries							
beans: red, black, kidney							
nuts							
tea: green, white, or black							
red wine							
legumes: cauliflower, cabbage, eggplant, red peppers, green beans, carrots, potatoes							
fruits: apple, pear, pink grapefruit, banana, plum, green grapes							
Tomatoes							
red wine							

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Nourish continued...

Check off the foods you worked into your diet each day – one check for each

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Calcium							
milk, cheese, yogurt							
calcium fortified orange juice							
white beans							
green leafy vegetables							
Vitamin D							
milk, yogurt							
breakfast cereal							
fish: halibut, salmon, tuna							

Move

Goal: 30 minutes/5 days exercise activity, 2 or 3 days resistance training

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Calcium							
Exercise Activity							
Resistance Training							

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Rest

Determine ideal sleep needs in Sleep Zone Quiz, then track daily hours

Ideal hours of sleep: _____

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Hours of sleep							

Relax

Set aside 15 - 20 minutes each day to yourself for mediation, relaxation, quiet time and track below

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Meditation							
Visualization							
Massage							
Music							
Gym							
Hot Bath							
Yoga							
Other (whatever relaxes you!)							

Super Saturate

Determine your skin type in Skin Type Quiz and track suggested routine

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Moisturizer							
Sunblock							

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Pamper

Take time regularly to pamper yourself and track below

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Spa Visit							
Accupuncture							
Yoga							
Tai Chi							
Other							

Radiate

Track common skin problems and address immediately

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Acne							
Facial sagging							
Rosacea							
Moles							
Fine Lines & Wrinkles							
Under-eye Circles							
Skin Tags							
Liver Spots							
Dry, scaley skin							
Crow's Feet							
Eczema							
Lip Lines							
Spider Veins							

Results may vary depending on age, skin condition, and individual history