## The Daniel Plan At-A-Glance

The Simple Six: Core Principles & Action Steps

WIN THE WEEK: CHECKLIST

Check off each item you accomplish each day. If you count 5 or more checks per item by the end of the week, then you win the week! For small group attendance, only one check is necessary! We've started you off with a few suggestions, but personalize this to your needs.

Action	S	М	Т	W	Th	F	S
Daily quiet time, journal							
Attend small group (online or in person)							
Exercise 15-60 minutes per day							
Eat breakfast with protein							
Eat healthy snacks							
Meals contain 70% real, whole living foods							
Meals contain 30% lean proteins							
Do not eat "white menaces"							
Don't drink your calories							
Drink 8 8-ounce glasses of water							
Sleep 7-8 hour per night							
Take your vitamins (multi, Vit. D, Omega 3)							