

# RELAX, HEAL AND REJUVENATE

7 Day Guide & Journal  
BY MS. EVANS



MS. EVANS

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# BE BLESSED!

CONGRATULATIONS for taking the time to complete your 7 Day: RELAX, HEAL & REJUVENATE PROGRAM. Please don't hesitate to contact me if you have any questions or need some support along the way.

I'd also love to see photos of your progress! Email me your photos or post your photos or stories on Instagram and tag my profile.

I'm excited to see your results. You got this!

*MS. EVANS*

KEEPERSOFHOME.COM



Today's Date:

### Breakfast

### Lunch

### Dinner

### Today I Am Feeling...

### Drinks & Snacks

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