

# NIKKEN LITE

Week's FOCUS: \*

**CHOOSE: TEN POINTS A DAY FOR WELLNESS CHOICES WITH NIKKEN**

Date:	SUN	MON	TUE	WED	THURS	FRI	SAT
1. Pi-Mag Water 8+ – 8oz servings							
2. Nikken Sleep							
3. Exercise- 30 min.+							
4. *Nutritionals	KVB-Shake, Green-Zymes, Immunity, Cleanse & Detox, Ciaga, Omega Green, Clarity, Kenzen 10-4, Lactoferrin, Calcium+ BDZ, Digestion 4-20, Bergisterol, Joint, Kenzen Multi, Kids Mix						
5. Journaling							
Ex. 5-15 min B-4 Meal							
6. Breakfast: P.Carbs, Fat KVB Meal, + "Nutritionals							
Ex. 5-15 min B-4 Meal							
7. Lunch: KVB MEAL, & or Good CARB 4 balance							
Exercise B-4 Snack # 8							
9. "Health -Style" Dinner + Nutritionals							
10. B-4 Exercise 5-15 min							
5. Journaling							
<b>POINT TOTALS:</b>							