### Checklist

<table>
<thead>
<tr>
<th>Phase</th>
<th>Remove</th>
<th>Replace</th>
<th>Repair</th>
<th>Post Phase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day of the week</td>
<td>S</td>
<td>Sn</td>
<td>M</td>
<td>T</td>
</tr>
<tr>
<td>Number</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**Home Wellness guidelines**

- Three meals
- Water intake in ounces
- Self-massage
- Steam or shower
- Yoga
- Breathwork
- Meditation
- Hydration therapy

**Daily Routines**

- Rising time
- CCF tea
- Lunch time
- Bed time
- Recapitulation

**Before every meal**

- Sweet ease
- Blood sugar
- Pitta digest
- Digestion

**After every meal**

- Kidney F.
- Lymph/Adrenal
- Immune
- Bile/Liver
- Turmeric
- Colon
- Shilajit
- Energy

**Other /Evening:**

- Triphala
- Bowel

**Other:**