

**Freddy's Handy Arise & Shine 28 Day Cleanse Tracking Sheet**

**ariseandshine.com**

Day/Date	6:30A	8:00A 8:15A	9:30A 10:00A	11:00A	12:30P 12:45P	2:00P 2:30P	3:30P 4:00P	5:30P 6:00P	7:00P 7:15P	8:00P 8:30P	8:45P 9:00P	If you get off schedule allow a minimum of 45 to 60 minutes before and after a cleansing shake. Herb Sets should be taken 2 hours after completion of a meal.
1	S	B	H		Lunch	H	S	Dinner	FG	H		<b>Mild Phase (B=Breakfast)</b>
2	S	B	H		Lunch	H	S	Dinner	FG	H		
3	S	B	H		Lunch	H	S	Dinner	FG	H		
4	S	B	H		Lunch	H	S	Dinner	FG	H		
5	S	B	H		Lunch	H	S	Dinner	FG	H		
6	S	B	H		Lunch	H	S	Dinner	FG	H		
7	S	B	H		Lunch	H	S	Dinner	FG	H		
8	S	H	S	H	Lunch	H	S	H	Dinner	FG	H	<b>Gentle Phase</b>
9	S	H	S	H	Lunch	H	S	H	Dinner	FG	H	
10	S	H	S	H	Lunch	H	S	H	Dinner	FG	H	
11	S	H	S	H	Lunch	H	S	H	Dinner	FG	H	
12	S	H	S	H	Lunch	H	S	H	Dinner	FG	H	
13	S	H	S	H	Lunch	H	S	H	Dinner	FG	H	
14	S	H	S	H	Lunch	H	S	H	Dinner	FG	H	
15	S	H	S	H	Lunch	H	S	H	S	H	FG	<b>Power Phase</b>
16	S	H	S	H	Lunch	H	S	H	S	H	FG	
17	S	H	S	H	Lunch	H	S	H	S	H	FG	
18	S	H	S	H	Lunch	H	S	H	S	H	FG	
19	S	H	S	H	Lunch	H	S	H	S	H	FG	
20	S	H	S	H	Lunch	H	S	H	S	H	FG	
21	S	H	S	H	Lunch	H	S	H	S	H	FG	
22	S	H	S	H	S	H	S	H	S	H	FG	<b>Master Phase</b>
23	S	H	S	H	S	H	S	H	S	H	FG	
24	S	H	S	H	S	H	S	H	S	H	FG	
25	S	H	S	H	S	H	S	H	S	H	FG	
26	S	H	S	H	S	H	S	H	S	H	FG	
27	S	H	S	H	S	H	S	H	S	H	FG	
28	S	H	S	H	S	H	S	H	S	H	FG	

**Post Cleanse Week: Psyllium only shake first thing each morning. Take 2 Flora Grow after each meal on Day 29, continue rest of the week with 1 Flora Grow after each meal. Then one Flora Grow after dinner until bottle is empty.**

**Please refer to the Cleanse Guide for full details.**