

Daily Tracking Calendar - MONTH 1

Plan Start Date: ____ / ____ / ____



Each day of the plan, place a "✓" in each box once completed. *Following the plan exactly as it's laid out is crucial to your success!*

WEEK 1

Day of Week	Candida Force (5 caps 3x per day)			Detox Essentials (4 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		



Month 1:
2 bottles
Candida Force

2 bottles
Detox Essentials

WEEK 2

Day of Week	Candida Force (5 caps 3x per day)			Detox Essentials (4 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		

WEEK 3 *(Order Month 2 this week)*

Day of Week	Candida Force (5 caps 3x per day)			Detox Essentials (4 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		



**Time to Order
Month 2:**
Products you'll need:
2 bottles Candida
Force
2 bottles Detox
Essentials
2 bottles Vital Flora
(probiotics)

TO ORDER:

candidaplan.com

1 (888) 236-7780

WEEK 4

Day of Week	Candida Force (5 caps 3x per day)			Detox Essentials (4 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		

"If we're not willing to settle for junk living, we certainly shouldn't settle for junk food."

-Sally Edwards

Daily Tracking Calendar - MONTH 2

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WEEK 5

Day of Week	Candida Force (5 caps 3x per day)			Detox Essentials (4 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		

**Time to Order
Month 3:**

Products you'll need:

- 2 bottles Detox Essentials
- 3 bottles Vital Flora

TO ORDER:

candidaplan.com

1 (888) 236-7780

WEEK 6 *(Order Month 3 this week)*

Day of Week	Candida Force (5 caps 3x per day)			Detox Essentials (4 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		
	1	2	3	1	2		

WEEK 7 *(Begin using Vital Flora this week)*

Day of Week	Candida Force (5 caps 3x per day)			Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		

Month 2:

- 2 bottles Candida Force
- 2 bottles Detox Essentials
- 2 bottles Vital Flora (probiotics)

WEEK 8

Day of Week	Candida Force (5 caps 3x per day)			Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		
	1	2	3	1	2	1	2		

"The rest of the world lives to eat, while I eat to live."

-Socrates

Daily Tracking Calendar - MONTH 3

Each day of the plan, place a "✓" in each box once completed. *Following the plan exactly as it's laid out is crucial to your success!*

WEEK 9

You may add back in dried fruit, juices, soy sauce, vinegar, legumes, tofu, nuts and popcorn.

Day of Week	Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		



Month 3:

- 2 bottles Detox Essentials
- 3 bottles Vital Flora (probiotics)

WEEK 10

Day of Week	Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		

WEEK 11

(Order Month 4 this week)

You may add back in whole grains (amaranth, barley, buckwheat, millet, quinoa, oats, rye, white rice, wild rice, etc.).

Day of Week	Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		



Time to Order Month 4:

- Products you'll need:
- 2 bottles Detox Essentials
 - 2 bottles Vital Flora (probiotics)

TO ORDER:

 candidaplan.com

 1 (888) 236-7780

WEEK 12

Day of Week	Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		

"He who has health has hope; and he who has hope has everything."

-Arabic Proverb

Daily Tracking Calendar - MONTH 4

Each day of the plan, place a "✓" in each box once completed. *Following the plan exactly as it's laid out is crucial to your success!*

WEEK 13 You may add back in pasta, bread, chips, crackers, etc.

Day of Week	Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		



Month 4:
2 bottles Detox
Essentials
2 bottles Vital Flora
(probiotics)

WEEK 14

Day of Week	Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		

WEEK 15 You may add back in sugars and alcohol.

Day of Week	Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		

*"Wisdom is to the
soul what health
is to the body."
-De Saint-Real*

WEEK 16 Plan End Date: ____ / ____ / ____

Day of Week	Detox Essentials (4 caps 2x per day)		Vital Flora (5 caps 2x per day)		Sweat	Drink Plenty of Water
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		
	1	2	1	2		

Questions? Please contact us!
www.CandidaPlan.com • (888) 236-7780

WEEK 17 You may add back dairy and dairy replacements. Drink Plenty of Water! • Keep Sweating! • Listen to your body.