



FINESSE FITNESS
with
Allison



Insight Counseling and Wellness

DETOX BINGO

Swap alcohol with water or sparkling juice	Drink at least half your bodyweight in ounces of water per day	Get a stainless steel or ceramic water bottle (ditch the plastics!)	Throw out any trigger or junk food in your house	Do the Kitchen Clean Out
Add in veggies to at least 2x meals/snacks	Add in a source of healthy fiber: cruciferous veggies, beans, lentils, flax, chia, oats	Swap in better brands and/or organic items when shopping	Do at least one 30 min workout	Walk at least 8k steps a day
Create a list of areas in your environment to declutter	Clean out/de clutter one area of your house or work space	FREE SPACE	Arrange your work space with something positive & uplifting (photos, plants)	Donate items (that you've been meaning to for months!)
Use the EWG app to scan your items/find new options	Swap in one non toxic beauty or self care product	Swap in one non toxic cleaning or household product	Implement 1 small night time habit to help unwind & improve sleep	Spend 5 minutes doing deep breathing
Spend time outside barefoot (i.e. grounding)	Try a lymphatic drainage tactic	Brain dump/journal the areas of your lifestyle that need improvement	Try one of the drink recipes from the workbook	Order a new supplement to try