















# Wellness Diary

What health tasks have you completed today? Add a ✓!

-  Drink NingXia Red
-  Eat a fist size portion of fruit
-  Drink 2 liters of water
-  Exercise for 30 minutes
-  Sleep for 8 hours
-  Express gratitude for one thing

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
															
															
															
															
															
															

	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
															
															
															
															
															
															







Congratulations! You have been drinking NingXia Red for a month!  
Let's jot down your physical and mental transformation~







Name: \_\_\_\_\_







Brand Partner  
(Member) Number: \_\_\_\_\_

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	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
																
																
																
																
																
																

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