



YAY juice cleanse!!!

Each day of your cleanse will include six pints of our organic cold-pressed juice.

Each variety of juices gives you a balanced mix of vitamins, nutrients and flavors. You will drink your first juice in the morning between 8a-9a and then one juice every 2 hours thereafter. Be sure to drink plenty of water in between juices! Warm water with lemon and herbal teas are also a great option!

Use this journal to reflect on your day to day cleanse experience, track your water consumption, and record your activities! Remember cleansing can be hard but don't give in! All of the wonderful benefits are waiting just around the corner. If you have any questions or need support - feel free to email us at info@motherjuiceboston.com!

XOXO
MOJU



CLEANSE JOURNAL



YOUR JUICE SCHEDULE

DRINK JUICE #1 WHEN YOU START YOUR DAY
FOLLOWED BY A JUICE EVERY 2 HOURS



TIME

JUICE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAY _____
OF _____



ACTIVITIES

WATER/TEA LOG

HOW DO YOU FEEL TODAY?

