My Juice Habit Planner

Start smaller than feels useful. A small win you repeat beats a heroic plan you abandon.

My anchor (what I already do every day)

_____

My if-then plan: *If* _____ *then I will*

_____

My three go-to recipes: 1. _____ 2. _____ 3. _____

My easy-day (4-ounce) version:

_____

Anchor ideas

- *After I pour my morning coffee, I'll rinse and chop the produce for my juice.*
- *When I get home from work, I'll make the afternoon juice before I check my phone.*
- *On Sunday after lunch, I'll wash and cut produce for the week.*
- *If I'm tempted to skip, I'll make the 4-ounce version.*

Your 30-day starter plan

Week	Focus	What to do
1	Start tiny	Choose your anchor. Make 3 juices from Chapter 7 (4 to 8 oz). Rinse the machine right away each time.
2	Add variety	Add a smoothie from Chapter 15 on a busy morning. Try one green from Chapter 8.
3	Make it easy	Do a Sunday batch prep. Freeze four single servings. Try a new recipe.
4	Review and keep	Look at your check-ins. Keep your three favorites. Pick one new thing to try next month.

General information, not medical advice. If you take medication or have a health condition, read the Safety Guide in the book first.

30-Day Check-In Sheet

Spend 30 seconds each evening. Rate energy, digestion, mood and sleep from 1 (low) to 5 (high), and tick the box on days you made a juice or smoothie. This is only a way to notice what helps you. It is not a test, and a missed day is not a failure.

Day	Made it? ✓	Energy	Digestion	Mood	Sleep	What I had / notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
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12						
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25						
26						
27						
28						
29						
30						

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When It Falls Apart

It will, and that is fine. Restart with the smallest version.

What happened	What to do
No time	Use the 4-ounce version, or a frozen cube glass. Or make a smoothie: one jar, five minutes.
Hate the cleanup	Rinse parts immediately, use the brush, or try a blender instead.
Got bored	Rotate by season. Try a recipe from a different chapter. Add a new herb.
Too expensive	Build around a few staple vegetables, shop in season and use the pulp (Chapter 5).
Traveling	Eat whole produce, drink water, and skip the juice. Pick it up again at home.
Missed a week	Restart with the smallest version. One miss is not a failure.
Family says "ew, green"	Start with the mild recipes in Chapter 7, or a fruit-and-yogurt smoothie.
Not feeling right	Take a break and look at the Safety Guide (Chapter 21). Talk to your doctor if it continues.

Keep it in proportion. Juice and smoothies are one small part of feeling well. Sleep, movement, enough water, real meals and good company matter as much or more.

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