

# Lymphatic Health Progress Tracker

Your 30-Day Guide to Improved Lymphatic Function & Overall Wellness

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This tracker is designed to help you monitor your lymphatic health journey over 30 days. Regular tracking will help you identify patterns, celebrate progress, and stay motivated as you work to improve your lymphatic function through simple daily practices.

## Personal Information & Goals

Start Date	Goal Weight (kg)	Target Waist Measurement (cm)	Primary Wellness Goal

## Weekly Measurement Tracker

Take these measurements first thing in the morning, once per week

Date	Weight (kg)	Waist (cm)	Hips (cm)	Any Problem Area (cm)	Energy Level (1-10)	Notes
Week 1						
Week 2						
Week 3						
Week 4						

## 30-Day Lymphatic Challenge

Check off each day you complete at least 3 of these lymphatic-supporting practices:

Date	Dry Brushing	Lymphatic Massage	Rebounding	Deep Breathing	Hydration (2+ L)	Lymphatic Foods
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						
Day 15						
Day 16						
Day 17						
Day 18						
Day 19						
Day 20						
Day 21						
Day 22						
Day 23						
Day 24						
Day 25						
Day 26						
Day 27						
Day 28						
Day 29						
Day 30						

## Lymphatic-Boosting Recipes

### Lymphatic Cleansing Green Juice

**Ingredients:** 2 cucumbers, 1 green apple, 1 lemon (juiced), 2.5cm ginger root, handful of parsley, 2 celery stalks

**Instructions:** Run all ingredients through a juicer. Drink immediately for maximum benefits.

### Turmeric Ginger Anti-Inflammatory Tea

**Ingredients:** 500ml water, 1 tsp turmeric, 1/2 tsp ginger, pinch of black pepper, 1 tbsp honey, juice of 1/2 lemon

**Instructions:** Bring water to boil. Add turmeric, ginger and black pepper. Simmer for 10 minutes. Strain and add honey and lemon.

### Lymph-Supporting Salad

**Ingredients:** Mixed greens, 1/2 avocado, 1/2 red onion, 1 cucumber, 30g pumpkin seeds, 2 tbsp olive oil, 1 tbsp apple cider vinegar

**Instructions:** Chop vegetables and combine. Whisk together oil and vinegar for dressing. Toss and enjoy.

## Additional Notes & Observations

Use this space to record how you're feeling, changes you notice, or any challenges you're facing:

## Post-Challenge Assessment

After 30 days, reflect on your progress:

- ☐ I notice improved energy levels
- ☐ I see reduction in puffiness or swelling
- ☐ My measurements have changed positively
- ☐ My skin appears healthier
- ☐ I feel less stiff in the mornings
- ☐ I've established sustainable lymphatic health habits

### Next Steps: