

Lymphatic Health Progress Tracker

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

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 | Target Waist Measurement | Primary Wellness Goal |
|------------|-------------|--------------------------|-----------------------|
| | | | |

Weekly Measurement Tracker

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

| Date | Weight | Waist | Hips | Any Problem Area | 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 (64+ oz) | 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), 1-inch 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: 2 cups 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, 1/4 cup 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: