

My Top 5

for Immune Support

use the rating scale or just ✓ each box as you complete

	Vitamin C supplement (200-1000mg)	Zinc supplement 30mg Zinc citrate or piccolinate	Garlic Capsicum Broccoli Berries Kiwifruit Citrus	Tea: Elderberry/ Echinacea/ Nettle/ Thyme/ Olive leaf	Exercise just get outside for at least 15mins/day
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

daily rating scale

1	2	3	4	5
kind of	some	1/2	most	all