



## DON'T LOSE SLEEP OVER NIGHT SWEATS!

### *The Avita Night Sweat Check List:*

- Do you drink wine after dinner?
- Do you crave sweets after dinner?
- Do you struggle with sugar cravings?
- Do you eat a lot of bad carbohydrates throughout the day?
- Have you had your hormones levels tested?

### *Your Commitment:*

Make one change per week over the next 4 weeks, some will be more challenging than others. Pick the one that resonates the most.

Or pick the most challenging and your mindset will soar with positivity and encouragement.

### *Examples:*

My Commitment Week #1:

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My Accomplishments Week #1:

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My Challenges Week #1:

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### **HORMONE TESTING & WEIGHT LOSS**

call/text: 416-884-8444 | e: [kelly@avitaintegrativehealth.ca](mailto:kelly@avitaintegrativehealth.ca)

[www.hormonetesting.ca](http://www.hormonetesting.ca)   



## DON'T LOSE SLEEP OVER NIGHT SWEATS!

My Commitment Week #2:

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My Accomplishments Week #2:

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My Challenges Week #2:

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My Commitment Week #3:

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My Accomplishments Week #3:

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My Challenges Week #3:

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My Commitment Week #4:

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My Accomplishments Week #4:

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My Challenges Week #4:

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