

MERU Institute  
November 13-14, 2015  
Ayurvedic Nutrition and Cooking Program  
With Cynthia Ambika Copple

**My Ayurvedic Daily Schedule for Balance & Vitality**

Name \_\_\_\_\_

My body mind type is: \_\_\_\_\_

MORNING

Get up at: \_\_\_\_\_

Morning routine: \_\_\_\_\_

Exercise: \_\_\_\_\_

MEALS & SNACKS

FOODS

Times: \_\_\_\_\_ More: \_\_\_\_\_  
(every \_\_hours) Less: \_\_\_\_\_

Breakfast \_\_\_\_\_

(snack) \_\_\_\_\_

Lunch \_\_\_\_\_

(snack) \_\_\_\_\_

Dinner \_\_\_\_\_

(snack) \_\_\_\_\_

EXERCISE

What kind \_\_\_\_\_

Times & days \_\_\_\_\_

EVENING ROUTINE

Routine \_\_\_\_\_

To bed at (time): \_\_\_\_\_

The results I would like to see in one month of following this routine are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The results I would be happy to see in three days of following this routine are:

\_\_\_\_\_  
\_\_\_\_\_

I agree to try this for three days and see what difference it makes.