

Drink Cayenne Pepper for Its Health Benefits

Goal: Optimize and fortify my health by drinking cayenne pepper at least once daily.

Motive: I want to have vibrant health and a healthy system; I want all the health benefits of cayenne pepper too.

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	Day 31	Day 32	Day 33	Day 34	Day 35
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77
Day 78	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84
Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	Day 91
Day 92	Day 93	Day 94	Day 95	Day 96	Day 97	Day 98
Day 99	Day 100	Day 101	Day 102	Day 103	Day 104	Day 105