

30-day green hour ritual tracker

my green hour: _____

I start on: _____

01  _____	02  _____	03  _____	04  _____	05  _____	06  _____
07  try a new one	08  _____	09  _____	10  _____	11  _____	12  _____
13  _____	14  try a new one	15  _____	16  _____	17  _____	18  _____
19  _____	20  _____	21  try a new one	22  _____	23  _____	24  _____
25  _____	26  _____	27  _____	28  try a new one	29  _____	30  day 30!

12 recipes to try

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|--|--|
| ☐ Iced Matcha Latte | ☐ Strawberry Matcha Latte |
| ☐ Vanilla Oat Matcha | ☐ Brown Sugar Matcha |
| ☐ Matcha Lemonade | ☐ Blueberry Matcha Latte |
| ☐ Honey Lavender Matcha | ☐ Coconut Matcha Latte |
| ☐ Matcha Protein Shake | ☐ Maple Cinnamon Matcha |
| ☐ Pumpkin Spice Matcha | ☐ The Classic Bowl |

My usual order

Notes
