



# BASE CAMP BASICS

MAKE IT SIMPLE, A PART OF YOUR EVERYDAY PRACTICE

Join DR. DAVID C. KOLBABA, YOUR EXPEDITION LEADER, on Your Journey to Better Health

## DAY

**BASIC (3 TO 5)**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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**BASIC (3 TO 5)**

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