

METABOLIC RESET

The First Three Months

WORKBOOK



Glycemic index

**Low Glycemic Index
(55 or less)
Choose Most Often**

Apple
Apricot (Fresh, Dried)
Banana (Green, Unripe)

**Medium Glycemic Index
(56 to 70)
Choose Less Often**

Banana (Ripe, Yellow)
Cherries (Bottled)
Cherries (Fresh)
Cranberries (Dried)
Dried Fruit (Dried)

**High Glycemic Index
(70 or more)**

Module One

Watermelon



Metabolic Health Quiz

This quiz helps you self-assess your current metabolic health. Review the questions in your workbook and score yourself based on symptoms you may have noticed. If you score high, this program will help you focus on improving areas of metabolic dysfunction.

Journaling Prompt

Take 10-15 minutes to reflect on and answer the following question in your workbook: "What does a healthy metabolism mean to me?" Write freely, considering how a well-functioning metabolism would impact your daily energy, mood, and overall quality of life.

Daily Habit Tracker

Use the Daily Habit Tracker worksheet in your workbook to record the following for the next seven days:

- Food Intake: Log meals, snacks, and beverages, along with portion sizes.
- Physical Activity: Track the type, duration, and intensity level (light, moderate, vigorous).
- Energy Levels: Rate your energy on a scale from 1 to 10 at various times of the day (e.g., morning, afternoon, evening).
- Mood and Cognitive Function: Note any feelings of clarity, focus, or fogginess.

Completing this tracker will give you a baseline view of your current habits and help you recognize patterns in your eating, movement, and energy.

Action Steps

Step 1:

Start Logging Food Intake and Physical Activity

By logging your food and activity, you'll start noticing habits that may be affecting your metabolism. This is about gathering data, not judging yourself. Approach this with curiosity and honesty to better understand your current baseline.

Daily Habit Tracker

Step 2:

Measure Key Markers

Recording your baseline markers is a valuable way to measure progress over time. In your workbook, track:

- Body Measurements:
 - Weight: Weigh yourself at the same time of day, ideally in the morning.
 - Waist Circumference: Measure at the level of your navel.
 - Optionally, measure other areas like hips or arms if desired.
- Energy and Mood: Keep a daily log of your general energy levels and mood to identify any potential patterns with your eating or activity levels.

Step 3:

Set Personal Goals

Setting both short-term and long-term goals gives you a clear focus throughout the program.

- Short-Term Goal Example: "I will add one serving of vegetables to each meal this week."
- Long-Term Goal Example: "I aim to lose 5 pounds and improve my energy levels over the next three months."

When setting goals, use the SMART criteria: Specific, Measurable, Achievable, Relevant, and Time-bound.

Daily Habit Tracker

Step 4:

Prepare Your Environment

A supportive environment makes it easier to stick with changes:

- Kitchen Makeover: Stock up on whole foods and clear out processed or sugary items that might derail you.
- Plan Ahead: Set aside time for meal prep, so you're not scrambling for meals.
- Schedule Workouts: Block out time in your calendar for physical activity.

Step 5:

Establish a Support System

Share your goals with a friend, family member, or accountability partner. Engaging with a community or support network will help you stay motivated. You may also want to check in with a healthcare provider for personalized advice, especially if you have any pre-existing health conditions.

Daily Habit Tracker

Food Intake:

Physical Activity:

Daily Habit Tracker

Body Measurements:

Energy:

Daily Habit Tracker

Mood:

Cognitive Function:

Daily Habit Tracker

Short-Term Goals

Long-Term Goals:
