

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)
Cranberries (Fresh, Dried)

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

Module Four

Watermelon



Weekly Exercise Planner

1. Use the **Weekly Exercise Planner** in your workbook to schedule your workout routine for the week.
 - a. **Strength Days:** Plan out exercises, sets, and equipment (e.g., resistance bands, dumbbells).
 - b. **Cardio Days:** Select cardio types and whether each session will be moderate or high intensity.
 - c. **NEAT Goals:** Set a daily step goal and list activities to increase movement, like household chores, standing breaks, or walking.
2. **Exercise Tracking Sheet** Track each workout using the Exercise Tracking Sheet. Record:
 - a. **Type and Duration of Exercise:** Note each session's type (strength, cardio, NEAT) and duration.
 - b. **Intensity Level:** Rate the workout intensity on a scale from 1-10.
 - c. **Post-Workout Reflections:** Note any physical or mental changes (e.g., energy, mood).
3. **EPOC Reflection** Use the **EPOC Reflection Worksheet** to track the effects of high-intensity exercise on your energy levels. After each HIIT session, record:
 - a. **Immediate Feelings:** How you feel right after the workout (energized, tired, etc.).
 - b. **Post-Workout Effects:** Note changes in energy, hunger, or mood in the hours after HIIT.
 - c. **Sleep Quality:** Reflect on how HIIT affects your sleep, particularly if you exercise in the evening.

Weekly Exercise Planner

Action Steps

- 1. Start Your Weekly Exercise Routine** This week, aim for two strength training sessions and two cardio sessions. Focus on form, prioritize safety, and adjust weights or intensity based on your comfort level.
 - **Strength Training:** Begin with bodyweight or light weights, increasing resistance as you grow stronger.
 - **Cardio:** Include one moderate-intensity and one high-intensity cardio session to assess how your body responds.
- 2. Track Your Progress** Use the Exercise Tracking Sheet daily to monitor your workouts, noting how each session affects your energy and mood. Adjust intensity or frequency based on your progress.
- 3. Monitor Muscle Progress** Take initial measurements or photos at the start of the week to monitor muscle changes. Small improvements in strength and endurance signal progress, so be patient with the process.
- 4. Observe EPOC and Energy Levels** After each HIIT session, track your energy levels. EPOC can vary from person to person, so noting how your body responds will help you fine-tune your workout for optimal results.

Weekly Exercise Planner

Strength Days: Plan out exercises, sets, and equipment (e.g., resistance bands, dumbbells).

Cardio Days: Select cardio types and whether each session will be moderate or high intensity.

Weekly Exercise Planner

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Exercise Tracking Sheet

Type and Duration of
Exercise

Rate the workout intensity
on a scale from 1-10.

Post-Workout Reflections: Note any physical or mental changes
(e.g., energy, mood).

EPOC Reflection

Immediate Feelings: How you feel right after the workout
(energized, tired, etc.).

Post-Workout Effects: Note changes in energy, hunger, or mood
in the hours after HIIT.

EPOC Reflection

Sleep Quality: Reflect on how HIIT affects your sleep, particularly if you exercise in the evening.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.