

# 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 Six

Watermelon



# Weekly Exercise Planner

1. **Stress Management Worksheet** Use the Stress Management Worksheet to identify personal stressors and explore strategies that work best for you.
  - a. **Identify Top Stressors:** List the three main stressors in your life.
  - b. **Choose Stress-Reducing Techniques:** Select 2-3 techniques to try daily, such as mindfulness, nature time, or physical activity.
  - c. **Set a Schedule:** Decide on a time each day for your stress-reduction practice, even if it's just a few minutes.
2. **Sleep Journal** The **Sleep Journal** helps you monitor sleep patterns and identify habits that affect sleep quality.
  - a. **Track Bedtime and Wake Time:** Record when you go to bed and wake up each day.
  - b. **Sleep Quality:** Rate the quality of your sleep each night on a scale of 1-10.
  - c. **Note Sleep Disruptions:** Document any interruptions (e.g., waking up, difficulty falling asleep) to identify patterns and make adjustments.
3. **Guided Relaxation Exercise** Practice a Guided Relaxation Exercise each evening to support sleep and relaxation.
  - a. **Choose a Guided Audio:** Use an app or audio guide for 5-10 minutes of deep relaxation or body scanning.
  - b. **Reflect on the Experience:** Note how you feel after each session and whether it impacts sleep quality over time.

# Stress Reduction & Sleep Optimization

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# Stress Reduction & Sleep Optimization

## Action Steps

1. **Implement Daily Stress Reduction Practices** Choose one or two stress-reduction techniques to incorporate daily. Experiment to see what works best for you, such as breathing exercises, physical activity, or mindfulness.
2. **Establish a Bedtime Routine** Set a consistent bedtime and create a 20-30 minute relaxation ritual, such as reading, stretching, or listening to calming music.
3. **Reduce Screen Time Before Bed** Try turning off electronic devices at least an hour before bed to support melatonin production and prepare for restful sleep.
4. **Monitor Your Sleep Environment** Make small adjustments to improve your sleep environment, such as dimming lights, keeping your bedroom cool, or using blackout curtains.
5. **Reflect on Progress** Use the Sleep Journal to observe patterns in sleep quality and stress. Reflect on any improvements or areas that may need further adjustment.

# Stress Management Worksheet

Identify Top Stressors: List the three main stressors in your life.

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# Sleep Journal

Record when you go to bed  
and wake up each day.

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Rate the quality of your sleep  
each night on a scale of 1-10.

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# Guided Relaxation Exercise

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