

Eat Right For Body Type

PROGRAM TEMPLATE

30 Day Personalized Management
Template



How To Use This Template

Daily Structure

Each day includes:

1. Educational Component - Learn the "why"
2. Practical Application - Execute the "how"
3. Self-Assessment - Track progress
4. Journal Prompt - Deepen understanding
5. Tomorrow's Preparation - Stay ahead

Weekly Structure

Each week includes:

1. Week Opening - Phase overview and goals
2. Daily Progression - 7 days of structured learning and application
3. Week Review - Consolidation and assessment
4. Week Transition - Preparation for next phase

Materials Needed

- Journal or digital note-taking tool
- Measuring tape and scale
- Camera for progress photos
- Kitchen basics for meal prep
- Calendar for scheduling
- Budget for supplements (optional but recommended)



Week 1

PHASE 1: ASSESSMENT

Discover Your Nutritional Formula Through
Assessment

Phase Goal: Complete comprehensive assessment to
determine your personalized nutritional formula

Day 1: Nutritional Awareness Assessment

Educational Component:

- Read: The 3 Levels of Nutritional Awareness
- Understand: Why awareness level matters
- Learn: How instruction must match awareness

Practical Application:

- Complete Nutritional Awareness Self-Assessment
- Identify current level (1, 2, or 3)
- List 3 current healthy habits
- List 3 areas needing improvement

Self-Assessment:

Current Awareness Level: ___

Current Habits Score (1-10): ___

Goal Clarity (1-10): ___

Readiness to Change (1-10): ___

Journal Prompt: "What are my specific nutritional goals, and why do they matter to me?"

Tomorrow's Preparation: Review the 3 Pillars of Nutrition framework

Day 2: The 3 Pillars Assessment

Educational Component:

- Read: Body Type (Programming)
- Read: Cellular Nutrition (Prevention)
- Read: Performance & Recovery (High Performance)

Practical Application:

- Rate yourself 1-10 on each pillar
- Identify which pillar needs most attention
- Set one small goal for each pillar

Self-Assessment:

PILLAR SCORES:

Body Type Understanding: ___/10

Cellular Nutrition Quality: ___/10

Performance & Recovery: ___/10

Total Pillar Score: ___/30

Journal Prompt: "Which pillar am I currently neglecting, and why?"

Tomorrow's Preparation: Gather materials for body measurements (tape measure, scale, camera)

Day 3: Body Type Identification

Educational Component:

- Read: Endomorph, Ectomorph, Mesomorph characteristics
- Understand: How somatotypes affect nutrition
- Learn: Combination body types

Practical Application: Take full-body photos (front, side, back) Measure: waist, hips, shoulders, wrists, ankles Assess natural tendencies without diet/exercise Identify primary body type

Self-Assessment:

BODY TYPE IDENTIFICATION:

Primary Type: _____

Secondary Characteristics: _____

Natural Metabolic Tendency: Fast / Moderate / Slow

Carb Tolerance: High / Moderate / Low

MEASUREMENTS:

Weight: ___ lbs/kg

Waist: ___ inches/cm

Hips: ___ inches/cm

Shoulders: ___ inches/cm

Journal Prompt: "How have I been eating relative to my body type? What needs to change?"

Tomorrow's Preparation: Review carbohydrate strategies for your identified body type

Day 4: Carbohydrate Strategy Assignment

Educational Component:

- Read: Carb Cycling (Endomorph)
- Read: Carb Loading (Ectomorph)
- Read: Carb Timing (Mesomorph)

Practical Application:

Confirm your body type

Review your macronutrient ratios

Calculate daily calorie needs

Calculate grams for each macro Create sample meal structure

Self-Assessment:

MACRONUTRIENT FORMULA:

Body Type: _____

Carb Strategy: _____

Daily Targets:

Total Calories: _____

Protein: ___ grams (___ %)

Carbs: ___ grams (___ %)

Fats: ___ grams (___ %)

Journal Prompt: "Does this carbohydrate strategy feel sustainable for my lifestyle?"

Tomorrow's Preparation: Review the 7 Pillars of Gut Health

Day 5: Cellular Nutrition Assessment

Educational Component:

- Read: The 7 Pillars of Gut Health
- Understand: Inflammation and disease prevention
- Learn: Toxic hunger vs. true hunger

Practical Application:

- Eliminate processed sugars for 24 hours
- List 5 inflammatory foods you currently eat
- Choose 1 inflammatory food to eliminate
- Add 2 servings of colorful vegetables
- Rate gut health on each of 7 pillars

Self-Assessment:

7 PILLARS GUT HEALTH AUDIT (1-10 each):

1. Zero added sugars: ___
2. Plant-based nutrition: ___
3. Eliminate inflammatory foods: ___
4. Gut health testing done: ___
5. Self-care (probiotics, enzymes): ___
6. Avoid toxic hunger: ___
7. Address emotional eating: ___

Total Gut Health Score: ___/70

Journal Prompt: "What emotions trigger my eating? How can I address these differently?"

Tomorrow's Preparation: Review the 3 Daily Stages of Nutrition

Day 6: Performance Assessment

Educational Component:

- Read: Stage 1 - Alkaline Stage (Morning)
- Read: Stage 2 - Energy Stage (Midday)
- Read: Stage 3 - Remodeling Stage (Evening)

Practical Application:

- Practice morning alkaline drink
- Map your daily schedule to 3 stages
- Identify when you'll exercise (if applicable)
- Plan meals within stage framework Track energy levels every 2 hours

Self-Assessment:

ENERGY PATTERN TRACKING:

6am: Energy Level ___/10

8am: ___/10

10am: ___/10

12pm: ___/10

2pm: ___/10

4pm: ___/10

6pm: ___/10

8pm: ___/10

CURRENT PERFORMANCE:

Training Frequency: ___ days/week

Training Type: _____

Recovery Quality (1-10): ___

Sleep Quality (1-10): ___

Journal Prompt: "When do I feel most energetic? How can I structure eating around this?"

Tomorrow's Preparation: Prepare for Week 1 Review and grocery shopping

Day 7: Phase 1 Completion & Week Review

Educational Component:

- Review: All Week 1 materials
- Consolidate: Your complete nutritional formula

Practical Application:

- Complete Week 1 Review Checklist
- Compile all assessment data
- Create grocery shopping list
- Schedule meal prep time
- Set Week 2 intentions

Self-Assessment:

PHASE 1 COMPLETION CHECKLIST:

- Nutritional Awareness Level Identified
- 3 Pillars Assessed
- Body Type Confirmed
- Macronutrient Ratios Calculated
- Gut Health Evaluated
- Performance Goals Clarified
- Baseline Photos and Measurements Taken

WEEK 1 ACHIEVEMENT SCORE: ___/7

YOUR NUTRITIONAL FORMULA:

Body Type: _____

Awareness Level: ___

Macro Ratio: P ___% / C ___% / F ___%

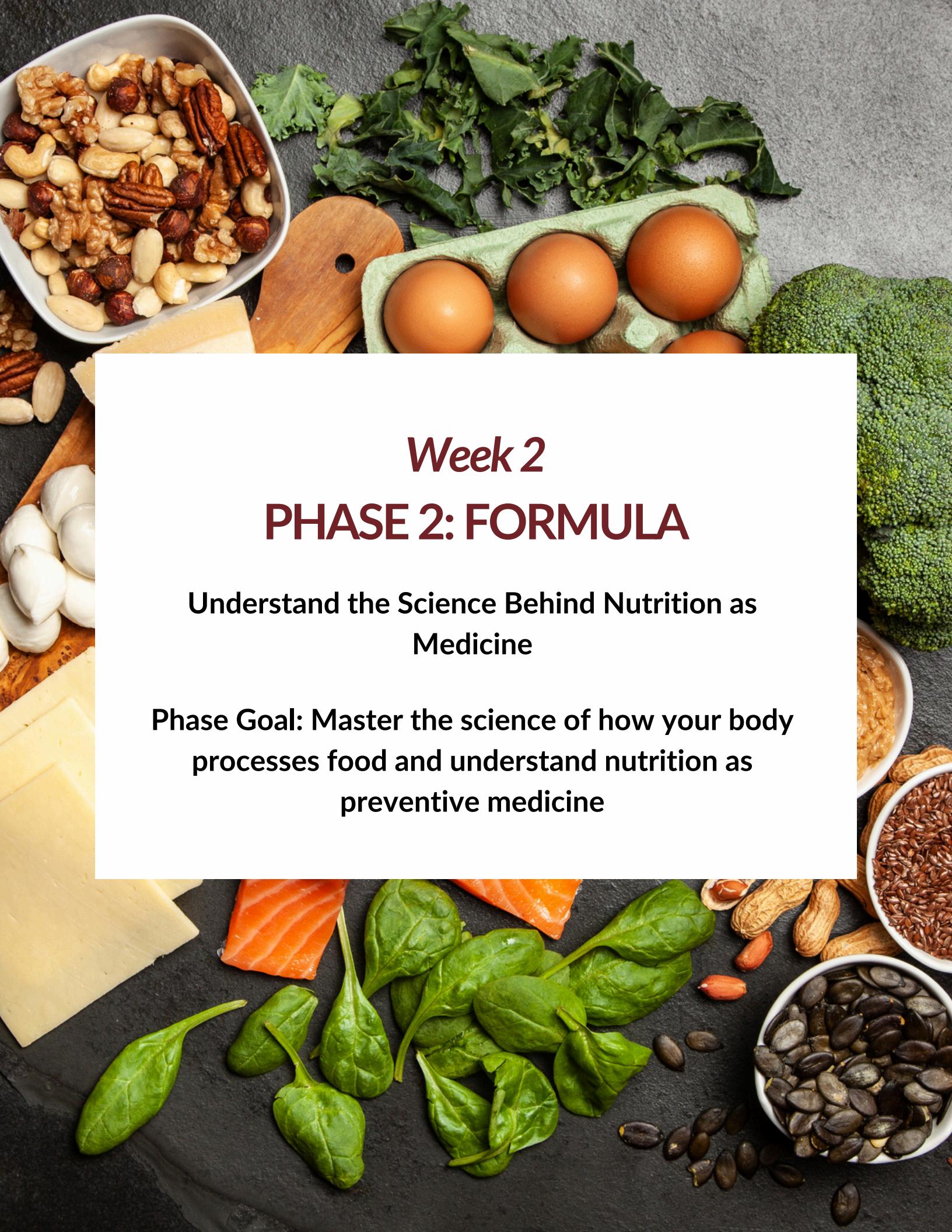
Carb Strategy: _____

Gut Health Focus: _____

Performance Goal: _____

Journal Prompt: "What was my biggest insight this week? What am I most excited to implement?"

Week 2 Preparation: Read ahead on metabolism, digestion, and absorption



Week 2

PHASE 2: FORMULA

Understand the Science Behind Nutrition as Medicine

Phase Goal: Master the science of how your body processes food and understand nutrition as preventive medicine

Day 8: Metabolism & Cellular Nutrition

Educational Component:

- Read: What is metabolism (efficiency vs. speed)
- Understand: Cellular nutrition fundamentals
- Learn: Why efficiency matters

Practical Application:

Track energy levels hourly today

Note what you eat and how you feel 1-2 hours later

Identify foods that give sustained energy

Identify foods that cause crashes Rate your metabolic efficiency

Self-Assessment:

METABOLIC EFFICIENCY AUDIT:

Energy Stability Throughout Day (1-10): ___

Post-Meal Energy (average, 1-10): ___

Physical Warmth/Temperature: ___

Mental Clarity (1-10): ___

Recovery Speed (1-10): ___

Current Metabolic Efficiency: ___/50

Journal Prompt: "Which foods seem to support my energy best? Which drain me?"

Tomorrow's Preparation: Purchase items for apple-lemon experiment

Day 9: Inflammation & Oxidative Stress

Educational Component:

- Read: What is inflammation
- Understand: Oxidative stress and free radicals
- Learn: Antioxidants as protection

Practical Application:

- Conduct apple-lemon experiment
- List 5 inflammatory foods you eat
- Choose 1 to eliminate this week
- Add 3 antioxidant-rich foods today
- Practice observation of body's inflammatory response

Self-Assessment:

INFLAMMATION INDICATORS:

Joint pain/stiffness (1-10): ___

Chronic fatigue (1-10): ___

Brain fog (1-10): ___

Digestive issues (1-10): ___

Skin problems (1-10): ___

Frequent illness (1-10): ___

Total Inflammation Score: ___/60

(Lower is better)

Inflammatory Foods to Eliminate:

1. _____

2. _____

3. _____

Journal Prompt: "What symptoms might be related to inflammation in my body?"

Tomorrow's Preparation: Plan for one completely mindful meal

Day 10: Digestion & Absorption

Educational Component:

- Read: What is digestion (starts in mouth)
- Understand: What is absorption
- Learn: Why you are what you absorb, not just what you eat

Practical Application:

- Practice mindful eating one meal

- Chew each bite 20-30 times
- Eliminate distractions during eating
- Notice digestion quality after thorough chewing
- Rate your typical eating speed

Self-Assessment:

DIGESTION QUALITY AUDIT:

Typical Eating Speed: Fast / Moderate / Slow

Chewing Thoroughness (1-10): ___

Eating Distractions (1-10, lower better): ___

Post-Meal Comfort (1-10): ___

Bowel Movement Regularity: ___/day

Bloating/Gas (1-10, lower better): ___

Digestion Quality Score: ___/50

Journal Prompt: "Do I typically eat fast or slow? While distracted? How might this affect my health?"

Tomorrow's Preparation: Review macronutrient metabolism processes

Day 11: Macronutrient Metabolism

Educational Component:

- Read: Carbohydrate metabolism (glycolysis)
- Read: Fat metabolism (lipolysis)
- Read: Protein metabolism (amino acid catabolism)

Practical Application:

- Calculate daily macro needs (from Day 4)
- Track today's food intake
- Assess if hitting macro targets
- Identify which macro you over/under-consume
- Plan tomorrow with balanced macros

Self-Assessment:

MACRONUTRIENT TRACKING:

Target: P ___ g / C ___ g / F ___ g

Actual: P ___ g / C ___ g / F ___ g

Variance: P ___ g / C ___ g / F ___ g

Macro Balance Score (1-10): ___

Which macro needs adjustment? _____

Journal Prompt: "Which macronutrient do I rely on most? Is this appropriate for my body type?"

Tomorrow's Preparation: Plan to eat 7-10 servings of colorful produce

Day 12: Micronutrient Foundations

Educational Component:

- Read: Phytochemicals and their benefits
- Read: Vitamins (water and fat-soluble)
- Read: Minerals (macro and micro)

Practical Application:

- Aim for 7-10 servings colorful produce today
- Track different colors consumed
- Identify likely micronutrient deficiencies
- Add 2 new colorful vegetables to meals
- Rate variety in your diet

Self-Assessment:

MICRONUTRIENT DIVERSITY AUDIT:

Servings of produce today: ___

Different colors consumed: ___

Red/Purple foods: ___

Orange/Yellow foods: ___

Green foods: ___

White/Tan foods: ___

Produce Variety Score: ___/20

Potential Deficiencies:

1. _____
2. _____
3. _____

Journal Prompt: "Which colors am I missing from my diet? What new vegetables can I try?"

Tomorrow's Preparation: Review alkaline vs. acidic foods

Day 13: Alkaline Nutrition & pH Balance

Educational Component:

- Read: Why alkaline nutrition matters
- Understand: pH balance (7.365)
- Learn: Myths vs. facts about alkaline eating

Practical Application:

- Start day with alkaline drink
- Make 70% of today's meals plant-based
- Eliminate one highly acidic food
- Notice how body feels with more alkaline foods Track alkaline drink consistency

Self-Assessment:

ALKALINE NUTRITION AUDIT:

% Plant-based meals today: ___%

Alkaline drink completed: Yes / No

Processed food intake: High / Moderate / Low

Added sugar intake: High / Moderate / Low

Water intake: ___ liters

Alkaline Eating Score (1-10): ___

Most acidic foods in my diet:

1. _____
2. _____
3. _____

Journal Prompt: "What's the hardest acidic food to give up? Why?"

Tomorrow's Preparation: Prepare for Week 2 Review and Phase 2 completion

Day 14: Phase 2 Completion & Week Review

Educational Component:

- Review: All science concepts from Week 2
- Consolidate: Understanding of nutrition as medicine

Practical Application:

- Complete Week 2 Review Checklist
- Assess understanding of each concept
- Identify knowledge gaps
- Create Week 3 meal plan
- Shop for Week 3 groceries

Self-Assessment:

PHASE 2 COMPLETION CHECKLIST:

- Understand Metabolism (Efficiency)
- Understand Inflammation & Oxidative Stress
- Understand Digestion & Absorption
- Understand Macro Metabolism
- Understand Micro Nutrition
- Understand Alkaline Nutrition
- Practice Mindful Eating

WEEK 2 ACHIEVEMENT SCORE: ___/7

KNOWLEDGE ASSESSMENT (1-10 each):

Metabolism: ___

Inflammation: ___

Digestion: ___

Macronutrients: ___

Micronutrients: ___

Alkaline Eating: ___

Total Knowledge Score: ___/60

Journal Prompt: "How has my understanding of 'nutrition as medicine' evolved?"

Week 3 Preparation: Prepare kitchen for meal prep, schedule 2-hour prep session



Week 3

PHASE 3: IMPLEMENTATION

Apply Your Personalized Eating Strategy

Phase Goal: Put your nutritional formula into daily practice with meal planning, preparation, and execution

Day 15: Complete Body Type Assessment

Educational Component:

- Review: Your body type protocol
- Understand: Complete assessment requirements
- Learn: How to track meaningful metrics

Practical Application:

- Complete physical measurements
- Take progress photos (compare to Day 3)
- Complete metabolic assessment
- Complete performance assessment
- Complete gut health assessment
- Create assessment summary document

Self-Assessment:

COMPREHENSIVE ASSESSMENT:

PHYSICAL:

Weight: ___ lbs/kg (change: +/- ___)

Body Fat %: ___% (if available)

Waist: ___ in/cm (change: +/- ___)

Hips: ___ in/cm

Energy (1-10): ___ (Day 1: ___)

GUT HEALTH:

7 Pillars Score: ___/70 (Day 5: ___)

Digestion Quality: ___/10

Bloating/Gas: ___/10 (lower better)

PERFORMANCE:

Sleep Quality: ___/10

Recovery: ___/10

Training Performance: ___/10

TOTAL PROGRESS SCORE: ___/100

Journal Prompt: "What changes have I noticed in the past 2 weeks?"

Tomorrow's Preparation: Calculate exact macro targets and create personalized formula document

Day 16: Personalized Formula Creation

Educational Component:

- Review: Your specific body type protocol
- Understand: How to structure 3 daily stages
- Learn: Integration of all pillars

Practical Application: Calculate specific calorie targets Calculate exact macro grams

Structure meals within 3 daily stages Create 7-day meal rotation Plan timing around training schedule

Self-Assessment:

YOUR PERSONALIZED FORMULA:

BODY TYPE: _____

CARB STRATEGY: _____

DAILY TARGETS:

Calories: _____

Protein: ___ g (___ %)

Carbs: ___ g (___ %)

Fats: ___ g (___ %)

3 DAILY STAGES STRUCTURE:

Stage 1 (Alkaline): ___ am

- Meal: _____

Stage 2 (Energy): ___ am/pm

- Meals: _____

- Pre-workout: _____

- Post-workout: _____

Stage 3 (Remodeling): ___ pm

- Meal: _____

Formula Completion Score: Complete / Incomplete

Journal Prompt: "Does this formula feel sustainable? What concerns do I have?"

Tomorrow's Preparation: Calculate hydration needs and buy electrolyte solution

Day 17: Hydration Protocol Implementation

Educational Component:

- Read: Water as solvent and transporter
- Understand: Fluid balance equation
- Learn: Exercise hydration protocol

Practical Application:

- Calculate baseline hydration needs
- Get reusable bottle with measurements
- Set hourly hydration reminders
- Track intake throughout day
- Observe urine color
- Add electrolytes to water

Self-Assessment:

HYDRATION PROTOCOL:

Target Daily Intake: ___ liters

Actual Intake: ___ liters

Variance: +/- ___ liters

PRE-WORKOUT: 500ml completed

DURING: 250ml every 15 min

POST-WORKOUT: 500ml-1L completed

Urine Color: Clear / Light / Dark

Hydration Consistency (1-10): ___

Hydration Protocol Score: ___/10

Journal Prompt: "How does proper hydration affect my energy and performance?"

Tomorrow's Preparation: Create grocery list and schedule 2-hour meal prep session

Day 18: Food Preparation Mastery

Educational Component:

- Read: The 3 Substrates of Success
- Understand: Batch preparation strategies
- Learn: Food storage techniques

Practical Application:

- Create complete grocery list
- Schedule 2-hour prep session
- Inventory kitchen tools needed
- Complete grocery shopping
- Organize kitchen environment
- Optional: Complete mini prep session

Self-Assessment:

3 SUBSTRATES AUDIT:

SUBSTRATE 1 - LIST:

Grocery list complete: Yes / No

Items organized by section: Yes / No

SUBSTRATE 2 - RECIPE:

Body type recipes collected: ___ recipes

Meal rotation planned: Yes / No

SUBSTRATE 3 - ENVIRONMENT:

Kitchen organized: Yes / No

Tools available: Yes / No

Storage containers: Yes / No

Preparation Readiness: ___/10

Journal Prompt: "What's my biggest preparation challenge? How can I overcome it?"

Tomorrow's Preparation: Review your body type meal plan in detail

Day 19: Body Type Meal Plan Execution

Educational Component:

- Read: Your specific body type meal plan
- Understand: Pre/post workout timing
- Learn: Meal modifications for preferences

Practical Application: Follow your body type meal plan today Prepare at least 2 meals from plan Track how you feel after each meal Adjust portions based on calculated macros Document which meals you enjoyed

Self-Assessment:

MEAL PLAN EXECUTION:

Meals prepared from plan: ___/3+

Macro targets hit: Yes / No / Close

If no, variance: P___ C___ F___

MEAL SATISFACTION (1-10):

Meal 1: ___

Meal 2: ___

Meal 3: ___

Meal 4: ___

Meal 5: ___

Average Satisfaction: ___/10

Adjustments needed:

1. _____

2. _____

3. _____

Journal Prompt: "Which meals did I enjoy most? Which need modification?"

Tomorrow's Preparation: Review cooking techniques and plan to cook 2 new recipes

Day 20: Cooking Techniques Practice

Educational Component:

- Read: Optimal cooking methods
- Understand: Nutrient preservation
- Learn: Recipe examples by stage

Practical Application:

- Choose 2 recipes to prepare
- Practice cooking technique
- Make enough for 2-3 meal
- Store properly with labels
- Document successes and challenges

Self-Assessment:

COOKING SKILLS AUDIT:

Recipes attempted: ___

Recipes successful: ___

Cooking methods practiced:

- Steaming
- Sautéing
- Roasting
- Grilling
- Pan-searing

Cooking Confidence (1-10): ___

Kitchen Efficiency (1-10): ___

Meal Prep Time: ___ hours

Skills Development Score: ___/10

Journal Prompt: "How confident do I feel in the kitchen now? What skills do I want to develop?"

Tomorrow's Preparation: Prepare for Week 3 Review and Phase 3 completion

Day 21: Phase 3 Completion & Week Review

Educational Component:

- Review: All implementation from Week 3
- Consolidate: Your personalized eating system

Practical Application: Complete Week 3 Review Checklist Assess meal preparation consistency Evaluate adherence to formula Measure progress (weight, measurements) Plan Week 4 with continued implementation

Self-Assessment:

PHASE 3 COMPLETION CHECKLIST:

- Complete Body Type Assessment
- Personalized Formula Created
- Hydration Protocol Implemented
- Food Preparation Skills Developed
- Body Type Meals Prepared
- Cooking Techniques Practiced

WEEK 3 ACHIEVEMENT SCORE: ___/6

IMPLEMENTATION METRICS:

Meals prepared at home: ___/21

Macro targets hit: ___/7 days

Alkaline drink: ___/7 days

Hydration goals: ___/7 days

Meal prep completed: Yes / No

Total Implementation Score: ___/50

PROGRESS COMPARISON (vs. Day 15):

Weight: +/- ___ lbs

Energy: +/- ___ points

Digestion: +/- ___ points

Sleep: +/- ___ points

Journal Prompt: "What's working well? What needs refinement?"

Week 4 Preparation: Research supplement brands and budget for supplementation



Week 4

PHASE 4: OPTIMIZATION

Optimize with Supplementation & Natural Remedies

Phase Goal: Enhance your nutrition through strategic supplementation and natural remedies based on individual needs

Day 22: Supplement Needs Analysis

Educational Component:

- Read: 3 levels of supplementation need
- Understand: Essential vs. non-essential
- Learn: When supplementation is necessary

Practical Application: Complete supplement needs assessment Identify your supplementation level List current supplements Assess appropriateness of current stack Identify nutritional gaps

Self-Assessment:

SUPPLEMENT NEEDS ASSESSMENT:

Primary Goal:

- General Health
- High Performance
- Address Deficiencies

Current Diet Quality: Excellent / Good / Fair / Poor

Activity Level: Sedentary / Light / Moderate / Very Active

CURRENT SYMPTOMS:

- Fatigue/low energy
- Digestive issues
- Poor recovery
- Joint pain
- Brain fog
- Sleep issues
- Frequent illness

Testing Completed:

- Blood work
- Hormone panel
- Food sensitivity
- Microbiome
- None yet

Supplementation Level Needed: 1 / 2 / 3

Journal Prompt: "What gaps exist in my nutrition that supplementation could fill?"

Tomorrow's Preparation: Review micronutrient functions and deficiency symptoms

Day 23: Micronutrient Supplementation Review

Educational Component:

- Read: Phytochemicals, vitamins, minerals
- Understand: Functions and deficiency symptoms
- Learn: Whole food vs. synthetic supplements

Practical Application: Aim for 7-10 servings produce (food first!) Track colorful produce intake Identify potential micronutrient deficiencies Research whole food concentrate options Calculate micronutrient supplement budget

Self-Assessment:

MICRONUTRIENT AUDIT:

DAILY PRODUCE INTAKE:

Servings today: ___

Colors represented: ___

Variety score (1-10): ___

POTENTIAL DEFICIENCIES:

Phytochemicals: Likely / Possible / Unlikely

B-Vitamins: Likely / Possible / Unlikely

Vitamin D: Likely / Possible / Unlikely

Omega-3: Likely / Possible / Unlikely

Minerals: Likely / Possible / Unlikely

Prioritized Supplements Needed:

1. _____

2. _____

3. _____

Budget Available: \$___/month

Journal Prompt: "Am I getting enough micronutrients from food? Where are my biggest gaps?"

Tomorrow's Preparation: Research omega-3 and protein supplement options

Day 24: Macronutrient Supplementation Strategy

Educational Component:

- Read: Omega-3 fatty acids (essential)
- Understand: Protein supplementation (convenience)
- Learn: Digestive enzymes and probiotics

Practical Application: Assess omega-3 intake from food Calculate if meeting protein needs through diet Evaluate digestive health (need for enzymes/probiotics) Identify which macronutrient supplements needed Research quality brands

Self-Assessment:

MACRONUTRIENT SUPPLEMENT NEEDS:

OMEGA-3:

Fish servings/week: ___

Current intake adequate: Yes / No

Supplement needed: Yes / No

Target dose: ___ mg EPA/DHA

PROTEIN:

Daily target: ___ g

Average intake: ___ g

Gap: +/- ___ g

Post-workout protocol: _____

Supplement needed: Yes / No

DIGESTIVE SUPPORT:

Enzymes needed: Yes / No / Maybe

Probiotics needed: Yes / No / Maybe

Current gut health score: ___/70

Priority Supplements:

1. _____

2. _____

3. _____

Journal Prompt: "What supplements would provide the best return on investment for my goals?"

Tomorrow's Preparation: Review body type-specific supplementation protocols

Day 25: Personalized Supplementation Protocol

Educational Component:

- Read: Your body type supplementation protocol
- Understand: Timing and synergistic combinations
- Learn: Natural remedies integration

Practical Application:

- Create your personalized daily supplement schedule
- Research and select quality brands
- Calculate monthly supplement investment
- Purchase foundation supplements
- Plan for natural remedies (teas, oils)

Self-Assessment:

PERSONALIZED PROTOCOL:

BODY TYPE: _____

SUPPLEMENTATION LEVEL: 1 / 2 / 3

ESSENTIAL DAILY SUPPLEMENTS:

Morning (empty stomach):

- _____

With Breakfast:

- _____

- _____

Lunch:

- _____

Pre-Workout:

- _____

Post-Workout:

- _____

With Dinner:

- _____

- _____

Before Bed:

- _____

NATURAL REMEDIES:

Herbal teas: _____

Essential oils: _____

Other: _____

MONTHLY INVESTMENT:

Tier 1 (Essential): \$_____

Tier 2 (Beneficial): \$_____

Tier 3 (Optimization): \$_____

Total: \$_____

Protocol Complete: Yes / No

Journal Prompt: "Is this supplement protocol realistic and sustainable for my budget and lifestyle?"

Tomorrow's Preparation: Research supplement misconceptions and quality considerations

Day 26: Supplementation Quality & Misconceptions

Educational Component:

- Read: Common supplement misconceptions
- Understand: Quality vs. cheap supplements
- Learn: How to evaluate research and brands

Practical Application: Review current supplements against misconceptions Eliminate questionable products Verify third-party testing for chosen brands Optimize supplement timing Consider if testing would guide protocol

Self-Assessment:

SUPPLEMENT QUALITY AUDIT:

Current supplements reviewed: ___

Questionable products eliminated: ___

QUALITY CHECKLIST for each supplement:

- Third-party tested (USP, NSF, ConsumerLab)
- GMP certified
- Whole food source (when possible)
- Transparent sourcing
- Research-backed

Supplements meeting quality standards: ___/___

MISCONCEPTIONS ADDRESSED:

- Eliminated fat burners/weight loss pills
- Removed unnecessary fiber supplements
- Avoided mass gainers
- Right-sized dosages (not mega-dosing)
- Prioritized quality over quantity

Quality Compliance Score: ___/10

Journal Prompt: "What supplement misconceptions did I believe? How will I evaluate supplements going forward?"

Tomorrow's Preparation: Prepare for Week 4 Review and Phase 4 completion

Day 27: Phase 4 Completion & Week Review

Educational Component:

- Review: All supplementation concepts from Week 4
- Consolidate: Your complete optimization strategy

Practical Application: Complete Week 4 Review Checklist Finalize supplement purchases
 Begin supplement protocol Track supplement adherence Integrate with nutrition plan

Self-Assessment:

PHASE 4 COMPLETION CHECKLIST:

- Supplement Needs Analyzed
- Micronutrient Review Completed
- Macronutrient Supplementation Strategy Created
- Personalized Protocol Developed
- Quality Standards Understood
- Supplements Purchased

WEEK 4 ACHIEVEMENT SCORE: ___/6

SUPPLEMENTATION METRICS:

Protocol adherence: ___/7 days

Quality brands selected: Yes / No

Budget maintained: Yes / No

Natural remedies integrated: Yes / No

OPTIMIZATION ASSESSMENT:

Energy improvement (1-10): ___

Recovery improvement (1-10): ___

Digestion improvement (1-10): ___

Overall vitality (1-10): ___

Total Optimization Score: ___/40

Journal Prompt: "How has supplementation enhanced my nutritional foundation? What changes have I noticed?"

Phase 5 Preparation: Prepare for post-program management and sustainability planning



Post-Program

PHASE 5: MANAGEMENT

Sustain & Evolve Your Vitality

Phase Goal: Establish long-term maintenance systems, build support networks, and continue education for lifelong vitality

Day 28: Sovereignty of One's Vitality

Educational Component:

- Read: What is vitality sovereignty
- Understand: Control what you can control
- Learn: Your Vitality ID across all 5 pillars

Practical Application: Calculate Vitality ID score across 5 pillars Identify lowest-scoring pillar Create action plan for weak pillar Reflect on patterns successfully retrained Recommit to sovereignty

Self-Assessment:

VITALITY ID SCORING:

PILLAR 1 - MINDSET (Mental Nutrition):

Self-awareness (1-10): ___

Self-belief (1-10): ___

Self-discipline (1-10): ___

Emotional eating control (1-10): ___

Pillar 1 Score: ___/40

PILLAR 2 - NUTRITION (ERFBT):

Body type understanding (1-10): ___

Formula adherence (1-10): ___

Gut health quality (1-10): ___

Supplement protocol (1-10): ___

Pillar 2 Score: ___/40

PILLAR 3 - EXERCISE (Movement Efficiency):

Training consistency (1-10): ___

Movement quality (1-10): ___

Nutrition fueling exercise (1-10): ___

Progressive overload (1-10): ___

Pillar 3 Score: ___/40

PILLAR 4 - RECOVERY (Restorative Movement):

Recovery practices (1-10): ___

Anti-inflammatory nutrition (1-10): ___

Stress management (1-10): ___

Injury prevention (1-10): ___

Pillar 4 Score: ___/40

PILLAR 5 - SLEEP (Sleep Hygiene):

Sleep quality (1-10): ___

Sleep duration (1-10): ___

Evening nutrition protocol (1-10): ___

Sleep environment (1-10): ___

Pillar 5 Score: ___/40

TOTAL VITALITY ID SCORE: ___/200

INTERPRETATION:

160-200: Exceptional vitality

120-159: Strong foundation

80-119: Building vitality

Below 80: Significant opportunity

Lowest scoring pillar: _____

Action plan: _____

Journal Prompt: "What does sovereignty mean to me? How will I maintain control over my vitality?"

Tomorrow's Preparation: Research functional testing options and costs in your area

Day 29: Vitality Assessment, Testing & Social Support

Educational Component:

- Read: Ongoing assessment protocols
- Understand: Functional diagnostic testing
- Learn: Building social support systems

Practical Application:

- Create monthly assessment schedule
- Research and price functional tests
- Schedule at least one test if appropriate
- Identify 5 people for support network
- Reach out to 2 support people
- Join one online community
- Plan health-focused social activity

Self-Assessment:

ONGOING ASSESSMENT PLAN:

MONTHLY METRICS TO TRACK:

- Weight and body composition
- Circumference measurements
- Progress photos
- Energy levels (1-10 average)
- Sleep quality (1-10 average)
- Gut health (7 pillars score)
- Macro adherence (% of days)
- Supplement adherence (% of days)

FUNCTIONAL TESTING PLAN:

Tests needed: _____

Priority order: _____

Estimated cost: \$_____

Scheduled date: _____

SOCIAL SUPPORT NETWORK:

FAMILY:

Support person 1: _____

Support person 2: _____

Family involvement plan: _____

DIGITAL COMMUNITY:

Communities joined: _____

Platforms: _____

SOCIAL NETWORK:

Accountability partner: _____

Health-focused friends: _____

Planned social activities: _____

CONTINUING EDUCATION:

Courses interested in: _____

Resources to explore: _____

Social Support Strength (1-10): ____

Journal Prompt: "Who inspires me on my health journey? How can I inspire others?"

Tomorrow's Preparation: Review all program materials and prepare for final assessment

Day 30: Continuing Education, Research & Your Path Forward

Educational Component:

- Read: Peak Vitality Academy courses
- Understand: How to evaluate research quality
- Learn: Credible vs. non-credible sources

Practical Application:

- Complete 30-day final assessment
- Compare Day 1 to Day 30 results
- Identify biggest transformation
- Set 60-day goals
- Schedule first monthly check-in
- Commit to one continuing education resource
- Share journey with someone who needs inspiration

Self-Assessment:

30-DAY FINAL ASSESSMENT:

PHYSICAL TRANSFORMATION:

	Day 1	Day 30	Change
Weight:	___	___	+/- ___
Body Fat %:	___	___	+/- ___
Waist:	___	___	+/- ___
Energy (1-10):	___	___	+/- ___

BEHAVIORAL TRANSFORMATION:

Meals prepared at home: ___/90 meals

Macro targets hit: ___/30 days

Alkaline drink adherence: ___/30 days

Hydration goals met: ___/30 days

Supplement protocol: ___/30 days (once started)

KNOWLEDGE TRANSFORMATION:

Nutritional Awareness: Level ___ (Day 1: ___)

Body Type Understanding: ___/10 (Day 1: ___)

Gut Health Knowledge: ___/10 (Day 1: ___)

Cooking Confidence: ___/10 (Day 1: ___)

VITALITY TRANSFORMATION:

Vitality ID/VQ Score: ___/45

- Mindset Pillar: ___/9

- Nutrition Pillar: ___/9

- Exercise Pillar: ___/9

- Recovery Pillar: ___/9

- Sleep Pillar: ___/9

TOTAL PROGRAM COMPLETION:

Phase 1 (Assessment): ___/7 days completed

Phase 2 (Formula): ___/7 days completed

Phase 3 (Implementation): ___/7 days completed

Phase 4 (Optimization): ___/6 days completed

Phase 5 (Management): ___/3 days completed

Overall Completion Rate: ___/30 days = ___%

BIGGEST WINS:

1. _____

2. _____

3. _____

AREAS FOR CONTINUED FOCUS:

1. _____

2. _____

3. _____

PERSONAL COMMITMENT:

I commit to:

- Continuing my personalized nutritional formula
- Maintaining my supplement protocol
- Practicing the 3 daily stages of nutrition
- Prioritizing whole food nutrition
- Staying educated and questioning sources
- Building and maintaining social support
- Helping others when I'm able
- Controlling what I can control
- Choosing to heal, not destroy Honoring my sovereignty over my vitality

Signature: _____ Date: _____

Journal Prompt: "Write a letter to yourself one year from now. What will your vitality look like?"

Next Steps: Review your 60-day goals and plan your continuing journey

ONGOING MANAGEMENT TEMPLATE

Monthly Check-In Protocol (Use Every 30 Days)

PHYSICAL ASSESSMENT:

Date: _____

Weight: ___ (Change: +/- ___)

Body Fat %: ___ (Change: +/- ___)

Measurements:

- Waist: ___ (Change: +/- ___)

- Hips: ___ (Change: +/- ___)

- Shoulders: ___ (Change: +/- ___)

Progress Photos: Taken? Yes / No

Notable physical changes: _____

NUTRITIONAL ADHERENCE:

Days following formula: ___/30

Macro target adherence: ___%

Meal prep sessions: ___

Meals prepared at home: ___/90

Alkaline drink consistency: ___/30

Hydration goals met: ___/30

Adherence Score: ___/10

SUPPLEMENT PROTOCOL:

Days following protocol: ___/30

Supplement inventory: Adequate / Low / Reorder needed

Protocol adjustments needed: _____

New supplements to add: _____

Supplements to discontinue: _____

Protocol Adherence: ___/10

VITALITY METRICS:

Energy Levels (avg 1-10): ___

Sleep Quality (avg 1-10): ___

Digestion Quality (1-10): ___

Mental Clarity (1-10): ___

Mood Stability (1-10): ___

Stress Management (1-10): ___

Overall Vitality: ___/60

GOAL PROGRESS:

Primary Goal: _____

Progress (1-10): ___

Obstacles encountered: _____

Adjustments needed: _____

Secondary Goals:

1. _____ Progress: ___/10

2. _____ Progress: ___/10

3. _____ Progress: ___/10

ACTION ITEMS FOR NEXT MONTH:

1. _____

2. _____

3. _____

4. _____

5. _____

Focus pillar for next 30 days: _____

Quarterly Assessment Protocol (Every 90 Days)

COMPREHENSIVE REVIEW:

Quarter: Q___ Year: _____

BODY COMPOSITION CHANGES:

Starting weight: ___

Current weight: ___

Total change: +/- ___

Starting body fat: ___%

Current body fat: ___%

Total change: +/- ___%

Lean mass gained: +/- ___ lbs

Fat mass lost: +/- ___ lbs

Assessment: On track / Needs adjustment

FUNCTIONAL TESTING REVIEW:

Tests completed this quarter:

- Comprehensive metabolic panel
- Vitamin D level
- Omega-3 index
- Hormone panel
- Food sensitivity
- Microbiome
- Other: _____

Key findings: _____

Protocol adjustments based on results: _____

VITALITY ID REASSESSMENT:

VQ___ Score Change

Mindset: ___/9 +/- ___

Nutrition: ___/9 +/- ___

Exercise: ___/9 +/- ___

Recovery: ___/9 +/- ___

Sleep: ___/9 +/- ___

Total: ___/45 +/- ___

Strongest pillar: _____

Weakest pillar: _____

Focus for next quarter: _____

NUTRITIONAL FORMULA UPDATES:

Body type changes: _____

Macro ratio adjustments: _____

New carb strategy needed: Yes / No

Supplement protocol changes: _____

New goals requiring formula shift: _____

Formula update complete: Yes / No / N/A

CONTINUING EDUCATION:

Courses completed: _____

Books read: _____

New skills developed: _____

Knowledge gaps identified: _____

Next learning goals: _____

Annual Assessment Protocol (Every 12 Months)

YEARLY TRANSFORMATION REVIEW:

Year: _____

PHYSICAL TRANSFORMATION:

Start Current Change

Weight: ___ ___ +/- ___

Body Fat %: ___ ___ +/- ___

Lean Mass: ___ ___ +/- ___

Side-by-side photos: Reviewed? Yes / No

Physical transformation rating (1-10): ___

BEHAVIORAL TRANSFORMATION:

Meals prepared annually: ___ (Goal: ~1,095)

Days following formula: ___ (Goal: ~292/365)

Supplement protocol adherence: ___ %

Hydration goals met: ___ days

Consistency rating (1-10): ___

HEALTH MARKERS:

Blood pressure: ___/___ (Start: ___/___)

Resting heart rate: ___ (Start: ___)

Cholesterol: ___ (Start: ___)

Blood glucose: ___ (Start: ___)

Other markers: _____

Health improvement rating (1-10): ___

VITALITY ID ANNUAL REVIEW:

Year Start Year End Change

Mindset: ___/9 ___/9 +/- ___

Nutrition: ___/9 ___/9 +/- ___

Exercise: ___/9 ___/9 +/- ___

Recovery: ___/9 ___/9 +/- ___

Sleep: ___/9 ___/9 +/- ___

Total: ___/45 ___/45 +/- ___

Year-over-year growth: ___ %

LIFE IMPACT ASSESSMENT:

How has this program impacted:

Energy & Productivity: _____

Relationships: _____

Confidence: _____

Wellbeing & Longevity: _____

Quality of Life: _____

Overall life impact (1-10): ___

GOALS FOR NEXT YEAR:

Primary goal: _____

Supporting goals:

1. _____

2. _____

3. _____

Body type adjustments needed: _____

New areas to explore: _____

Advanced education planned: _____

TEMPLATE TRACKING TOOLS

Daily Tracking Sheet (Photocopy or Digital Template)

Date: ___/___/___ Day of Program: ___

MORNING ROUTINE:

- Alkaline drink (water + lemon + ginger)
- Probiotic
- Meditation/mindfulness (5-10 min)
- Morning supplements

STAGE 1 - ALKALINE (Time: _____):

Meal: _____

Macros: P___ C___ F___

Satisfaction (1-10): ___

STAGE 2 - ENERGY (Time: _____):

Meal: _____

Macros: P___ C___ F___

Satisfaction (1-10): ___

Pre-Workout: _____

Workout completed: Yes / No / Rest Day

Post-Workout: _____

STAGE 3 - REMODELING (Time: _____):

Meal: _____

Macros: P___ C___ F___

Satisfaction (1-10): ___

HYDRATION:

Water intake: ___L / ___L goal

Electrolytes added: Yes / No

SUPPLEMENTS:

Morning: Completed

Afternoon: Completed

Evening: Completed

DAILY TOTALS:

Protein: ___ g / ___ g target

Carbs: ___ g / ___ g target

Fats: ___ g / ___ g target

Calories: ___ / ___ target

VITALITY METRICS:

Energy (1-10): ___

Digestion (1-10): ___

Mental clarity (1-10): ___

Mood (1-10): ___

Sleep quality (1-10): ___

NOTES & REFLECTIONS:

Tomorrow's preparation:

Weekly Summary Sheet

Week: ___ of 30 Dates: ___/___ to ___/___

ADHERENCE METRICS:

Days following nutritional formula: ___/7

Days hitting macro targets: ___/7

Days completing alkaline drink: ___/7

Days meeting hydration goals: ___/7

Days following supplement protocol: ___/7

Weekly adherence score: ___/35 = ___%

MEAL PREPARATION:

Meal prep session completed: Yes / No

Hours spent: ___

Meals prepared: ___

Meals remaining from last week: ___

PHYSICAL METRICS:

Weight (weekly avg): ___

Energy (daily avg 1-10): ___

Sleep quality (daily avg 1-10): ___

Digestion (daily avg 1-10): ___

WEEKLY WINS:

1. _____

2. _____

3. _____

CHALLENGES ENCOUNTERED:

1. _____

2. _____

3. _____

ADJUSTMENTS FOR NEXT WEEK:

1. _____

2. _____

3. _____

Phase completion:

- Educational components reviewed
- Practical applications completed
- Self-assessments documented
- Journal prompts answered
- Prepared for next week

PROGRAM TROUBLESHOOTING GUIDE

Common Challenges & Solutions

CHALLENGE: Not hitting macro targets consistently

Assessment Questions:

- Are targets realistic for your lifestyle?
- Do you have go-to meals that hit macros?
- Are you tracking accurately?
- Is meal prep insufficient?

Solutions: Recalculate targets (may be too aggressive) Create 5-7 "template meals" that hit macros Use tracking app for 1-2 weeks to dial in Increase meal prep to 2 sessions per week Focus on protein first, adjust carbs/fats around it

CHALLENGE: Low energy despite following program

Assessment Questions:

- Are you eating enough total calories?
- Is carb intake too low for activity level?
- Are you sleeping 7-9 hours?
- Is hydration adequate?
- Could there be an underlying deficiency?

Solutions: Increase total calories by 200-300 Add strategic carbs around training Prioritize sleep hygiene (Stage 3 focus) Increase water intake by 500ml Consider functional testing (vitamin D, iron, B12) Add or increase whole food concentrate

CHALLENGE: Digestive discomfort

Assessment Questions:

- Are you eating too quickly?
- Consuming known trigger foods?
- Adequate fiber from whole foods?
- Could be food sensitivity?
- Stressed while eating?

Solutions: Practice mindful eating (chew 20-30 times) Eliminate common triggers (dairy, gluten, processed) Gradually increase fiber (don't shock system) Consider food sensitivity testing Add digestive enzymes with meals Increase probiotic dosage Create calm eating environment

CHALLENGE: Not losing weight (Endomorph)

Assessment Questions:

- Are you truly in calorie deficit?
- Tracking accurately (portions, oils, etc.)?
- Sleep quality affecting hormones?
- Stress levels high?
- Enough protein?

Solutions: Recalculate calorie target (may need adjustment) Weigh/measure foods for 1 week Prioritize sleep (7-9 hours) Add stress management practices Increase protein to 40% temporarily Verify carb cycling strategy is followed Consider adding EGCG supplement Be patient (sustainable = 0.5-1lb/week)

CHALLENGE: Not gaining muscle (Ectomorph)

Assessment Questions:

- Are you in calorie surplus?
- Eating enough carbs throughout day?
- Protein adequate (0.7-1g per lb)?
- Training with progressive overload?
- Recovery sufficient?

Solutions: Increase calories by 300-500 Ensure carbs at every meal Add post-workout protein + carb shake Track training progression weekly Ensure 1-2 rest days per week Increase overall food volume Add whole food bars between meals Be patient (sustainable = 0.5-1lb muscle/month)

CHALLENGE: Inconsistent meal prep

Assessment Questions:

- Is prep session scheduled?
- Do you have sufficient time blocked?
- Are recipes too complicated?
- Kitchen setup adequate?
- Realistic expectations?

Solutions: Schedule prep as non-negotiable appointment Start with 1 hour instead of 2 (build habit) Choose 3 simple recipes to rotate Batch cook proteins and veggies separately Invest in quality containers Prep with partner/friend (social) Use meal delivery for 1-2 meals if needed Remember: Some prep > no prep

CHALLENGE: Supplement protocol too expensive

Assessment Questions:

- Have you prioritized (Tier 1, 2, 3)?
- Buying quality brands?
- Could food cover some needs?
- Any unnecessary supplements?

Solutions: Start with Tier 1 only (essentials) Buy in bulk when possible Increase whole food quality (may reduce needs) Eliminate non-essential supplements Consider one premium multi instead of separate vitamins Look for bundle deals from quality brands

Remember: Food first, supplements second

CHALLENGE: Social situations difficult

Assessment Questions:

- Do you plan ahead?
- Can you modify restaurant orders?
- Bringing own options?
- Setting boundaries?

Solutions: Check restaurant menus in advance Eat small meal before events Request modifications (grilled not fried, etc.) Bring healthy dish to gatherings Communicate needs to friends/family Focus on social aspect, not just food Allow flexibility (80/20 rule) Don't apologize for taking care of yourself

PROGRAM SUCCESS METRICS

How to Measure Success

PHYSICAL METRICS (Objective):

- Weight change appropriate to goal
- Body composition improvement
- Measurements trending correctly
- Energy levels increased
- Sleep quality improved
- Recovery speed faster

BEHAVIORAL METRICS (Process):

- Consistency of adherence (aim for 80%+)
- Meal prep completion
- Supplement protocol followed
- Hydration goals met
- Educational components completed

KNOWLEDGE METRICS (Understanding):

- Can explain your body type
- Can calculate your macros
- Understand 3 daily stages
- Know your supplementation needs
- Can evaluate nutrition information critically

VITALITY METRICS (Holistic):

- Overall energy and vitality
- Confidence in nutrition decisions
- Reduced reliance on external help
- Ability to navigate challenges
- Sustainable lifestyle created

SOVEREIGNTY METRICS (Empowerment):

- Feel in control of food choices
- Can adapt when circumstances change
- No longer controlled by cravings
- Able to help/inspire others
- View setbacks as learning, not failure

FINAL PROGRAM TEMPLATE SUMMARY

The ERFBT Program Template 1.0 provides:

- Clear Structure** - 5 phases over 30 days plus ongoing management
- Daily Guidance** - Educational + practical + assessment each day
- Progress Tracking** - Multiple metrics to measure success
- Troubleshooting** - Solutions for common challenges
- Flexibility** - Adaptable to individual needs and circumstances
- Sustainability** - Built for lifelong practice, not quick fix
- Empowerment** - Creates sovereignty over nutritional decisions

Remember the Template Flow:

1. **ASSESS** - Understand where you are (Week 1)
2. **FORMULA** - Learn the science of why (Week 2)
3. **IMPLEMENT** - Apply your personalized strategy (Week 3)
4. **OPTIMIZE** - Enhance with supplementation (Week 4)
5. **MANAGE** - Sustain and evolve (Ongoing)

YOUR COMMITMENT TO THE TEMPLATE

By following this template, you commit to:

- Completing each day's components fully
- Tracking progress honestly
- Making adjustments based on results
- Asking for help when needed
- Staying curious and continuing to learn
- Choosing healing over destruction
- Honoring your sovereignty over your vitality

The template is your roadmap. Your commitment is the vehicle. Your vitality is the destination.