



Eat Right For Body Type

PROGRAM TEMPLATE

**30 Day Personalized Management
Template**



PEAK VITALITY
SOLUTIONS

The background of the page is a collage of various healthy food items. On the left, there's a bowl of mixed nuts including walnuts, almonds, and cashews. Below that, there are more nuts like pecans and almonds. On the right, there's a head of broccoli. At the bottom, there are several bowls of seeds, including flax seeds and pumpkin seeds, along with some fresh green leafy vegetables like basil.

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___%

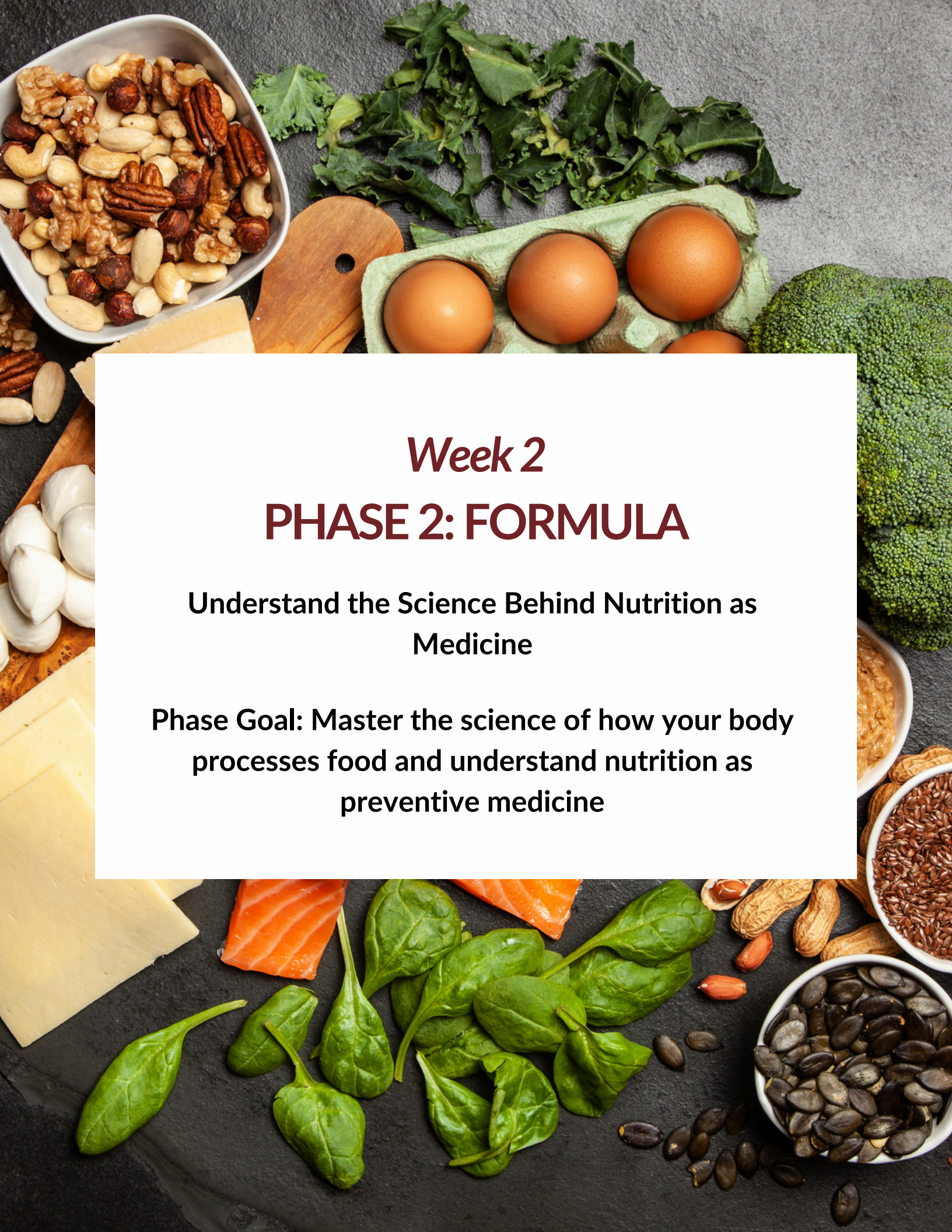
Carb Strategy: _____

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: ___

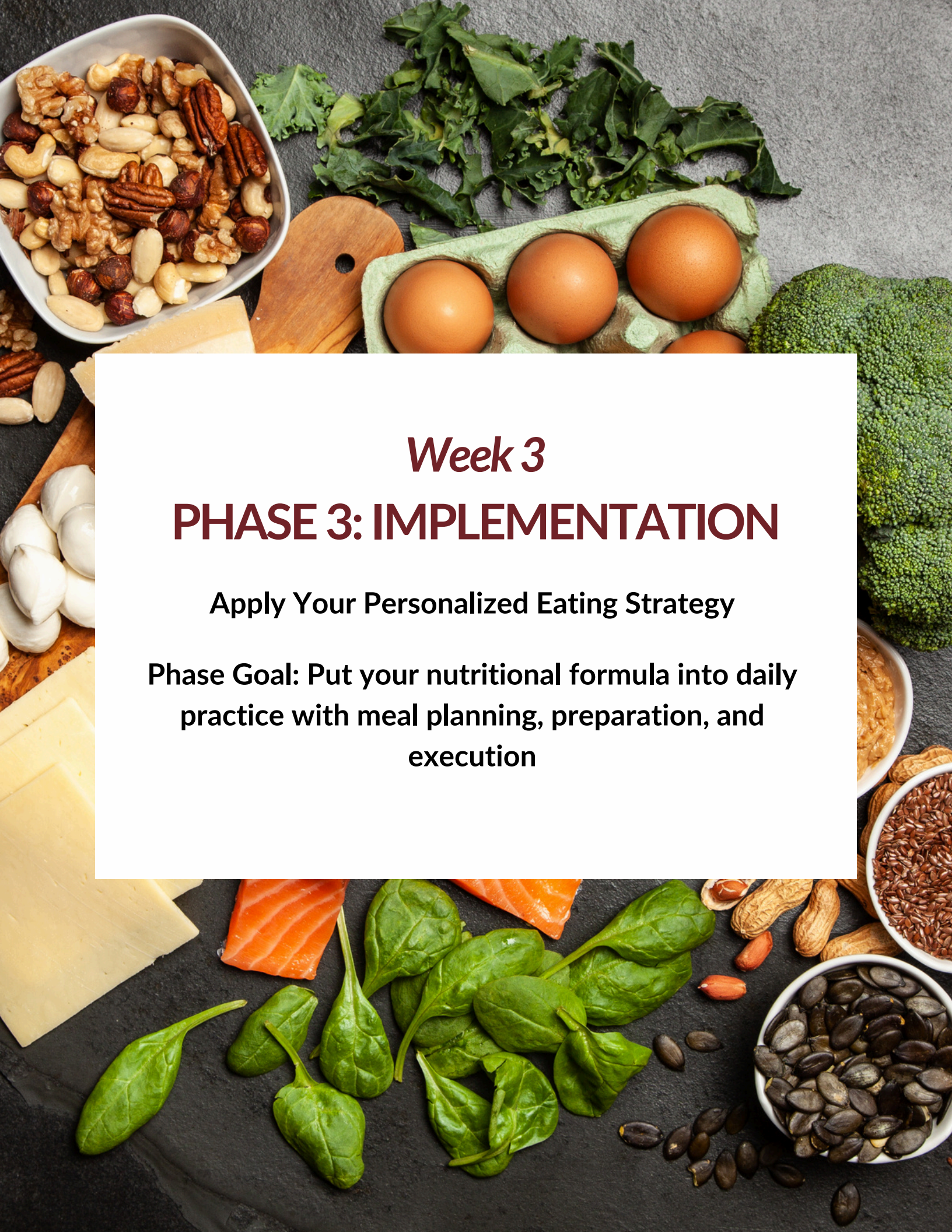
Micronutrients: ___

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

A top-down view of various healthy foods arranged on a dark grey surface. In the top left, a white bowl contains a mix of walnuts, almonds, and pecans. Next to it is a pile of fresh green leafy vegetables. In the center, a green egg carton holds four brown eggs. To the right is a head of fresh broccoli. In the bottom left, there are slices of yellow cheese and a piece of salmon. In the bottom right, there are two small white bowls, one containing flax seeds and the other containing dark seeds, with some seeds scattered around them. A wooden cutting board is partially visible in the center.

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.