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The Metabolic Reset Blueprint

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Introduction

You are not a willpower failure—and your body is not broken. If you are reading this, chances are you have tried diets, detoxes, and “miracle” workouts that promised dramatic results but delivered only short-lived changes and a weary sense of déjà vu. The Metabolic Reset Blueprint is different by design. It is a science-based, compassionate, and practical plan to restore the systems that govern your energy, appetite, and weight. Instead of asking you to fight your biology, it teaches you how to work with it. Over twenty-five structured weeks, you will build strength, improve metabolic flexibility, steady energy, and a clear path to maintenance—without chasing extremes.

Metabolic health is the foundation of how you feel and function each day. It determines whether the food you eat is stored or burned, how long you can focus before you need a pick-me-up, how well you sleep, and how resilient you are to stress. When metabolism is sluggish or inflexible, you may notice creeping weight gain, afternoon crashes, increased cravings, rising blood pressure or fasting glucose, stubborn belly fat, or a general sense that your body is “stuck in first gear.” In this book we treat metabolism like a gearbox: metabolic flexibility is your ability to shift smoothly between fuel sources—primarily fats and carbohydrates—depending on the task at hand. A flexible gearbox helps you cruise efficiently through easy days and provides extra power when life demands it.

This blueprint is for real life. It is tailored to busy professionals who need efficient solutions, adults managing stubborn weight or metabolic syndrome, and health and fitness practitioners seeking a client-friendly framework. If you have 20 minutes for training, this plan will show you how to use them wisely. If you cook for a family, you’ll get simple plate templates and batch-friendly recipes. If you prefer structure over hype, you’ll find that each week follows a clear, repeatable pattern: a short vignette to humanize the lesson, a concise science explainer in plain language, an actionable protocol for meals, movement, sleep, and stress, a checklist, a troubleshooting section, and resources if you want to dig deeper.

Before we go further, a clear safety note. This book does not replace personalized medical care. If you are pregnant or lactating, have significant medical conditions (such as diabetes, heart disease, kidney disease, liver disease, eating disorders), have had bariatric surgery, or take medications that affect blood sugar or blood pressure, consult your healthcare professional before making changes. Throughout the program, if you experience concerning symptoms—such as rapid unexplained weight change, chest pain, severe dizziness, fainting, shortness of breath at rest, swelling, or new neurologic symptoms—seek medical attention promptly. If any exercise causes pain

beyond normal muscle effort, stop and modify. Health comes first.

What this book will do: give you a stepwise plan grounded in peer-reviewed research and established guidelines to help you restore energy, improve body composition, and enhance long-term metabolic health. It will show you how to increase protein appropriately, train strength safely and effectively at any age, incorporate time-efficient conditioning, improve sleep and circadian rhythm, manage stress in minutes per day, support gut health with practical food choices, and personalize your approach based on your data, preferences, and life stage. It will also teach you how to evaluate supplements and wearables, navigate social life and travel, and transition to maintenance without backsliding.

What this book will not do: promise dramatic, guaranteed weight loss within a few days; demonize single foods; require extreme diets or two-hour workouts; or pretend that all bodies respond the same way. Human metabolism varies. Your genetics, history, medications, sleep, stress, and environment shape your response. Rather than quick fixes, you'll learn to build durable habits and adjust based on real feedback. The result is not a finish line but a sustainable way of living that supports your goals.

How to use the 25-week program. You can read the book straight through to understand the whole map, then return to Week 1 to begin. Or you can start immediately, reading one chapter per week as you implement that week's protocol. Each week has three parts you will revisit consistently: learn, apply, and assess. Learn the key principle in plain language. Apply the protocol using the provided meals, workouts, and sleep/stress actions. Assess your progress with simple metrics and a checklist. Plan for 20–40 minutes of reading and preparation at the start of each week. The daily commitment averages 30–60 minutes, split between movement, simple cooking or meal assembly, and brief stress/sleep practices—scalable based on your schedule.

Success in this program is measured by more than the scale. At baseline (Week 1) and at scheduled intervals, you will track a concise set of metrics:

- Weight (morning, after bathroom, before eating)
- Waist circumference (at the level of the navel, relaxed)
- Optional body composition (bioimpedance scale, DEXA if clinically indicated and available)
- Resting pulse and blood pressure (home cuff or pharmacy kiosk)
- Fasting glucose (if you have access to a glucometer) and, with your clinician, HbA1c at suitable intervals
- Strength markers (e.g., sit-to-stand in 30 seconds, a comfortable push-up or wall push-up count, a farmer's carry distance with safe load)
- Cardiorespiratory markers (e.g., a brisk 1-mile walk time with comfortable effort)
- Sleep duration and quality (simple 1–5 rating)
- Energy and mood (1–10 scales)

- Non-exercise activity (step count or a daily movement tally)

You will not obsess over any single number. Instead, you will look for patterns across weeks: a gradually shrinking waistline, improved performance on simple strength tests, steadier energy through the afternoon, and better sleep. These are signs that your “gearbox” is becoming more efficient. For many readers, the first noticeable change is improved energy and fewer cravings within 2–4 weeks, followed by strength gains and body composition shifts in the weeks after.

The plan rests on four pillars. First, progressive strength training: muscle is “metabolic currency” that supports insulin sensitivity, joint protection, functional independence, and a higher resting metabolic rate. You’ll start with accessible routines and progress methodically, whether you’re brand-new to lifting or returning after years away. Second, time-efficient conditioning: a blend of brisk walking, intervals scaled to your fitness, and everyday movement (often called NEAT, or non-exercise activity thermogenesis) to improve cardiovascular health and fat oxidation without burning you out. Third, nutrient-dense meals with protein prioritization, appropriate carbohydrates, and healthy fats to support hormones, satiety, and training adaptation—organized into simple plate models and grocery lists. Fourth, recovery and regulation: sleep optimization and stress management techniques that take 5–15 minutes, because hormones and nervous system tone can make or break your progress.

Behavior change is the engine that keeps these pillars running. Many programs fail not because people don’t know what to do, but because life gets in the way. That is why this book weaves in practical psychology—implementation intentions (“If it’s 7:00 a.m., then I start my warm-up”), habit stacking (attaching a new action to a reliable cue), environmental design (making the healthy choice frictionless), and accountability systems that fit your personality. You’ll learn how to make the path of least resistance also the path of progress.

This approach is intentionally humane. You will not be asked to weigh lettuce or micromanage macros unless it serves you for a short diagnostic period. Instead, you’ll use plate templates and meal patterns built around whole foods, adequate protein, fiber-rich plants, and smart carbohydrate timing—especially around strength sessions—to support performance and flexibility. If you enjoy breakfast, you’ll learn how to structure it. If you prefer a later first meal, you’ll have guidelines for that, too. Alcohol, celebrations, and travel are part of life; you’ll practice “better, not perfect” strategies that keep your momentum even when routines are disrupted.

A word on evidence. The recommendations in this book are based on current peer-reviewed literature and established guidelines from major organizations. Complex topics—like insulin resistance, adaptive thermogenesis, or the microbiome—are presented in plain language with practical takeaways and realistic ranges instead of

rigid targets. Each chapter closes with resources and references so you can explore further if you wish. You do not need to become a biochemist to benefit; you need only a willingness to take small, consistent steps.

Let's talk about what to expect across the timeline. Weeks 1–4 lay the foundation: assess your baseline, learn how your metabolism works, and begin structured strength and efficient conditioning. Weeks 5–12 focus on nutrition specifics (protein, carbohydrates, fats), sleep, stress, and gut health, with special attention to women's and men's hormonal considerations. Weeks 13–16 build your literacy in medical labs, supplements, and real-world living (alcohol and social life, meal planning). Weeks 17–20 add pattern options like intermittent eating, deeper habit skills, plateau management, and tailored guidance for special populations. Weeks 21–25 address medications, environment and budgeting, travel, personalization using simple data, and the transition to maintenance with a clear long-term mindset.

Your first action is to establish a baseline. In Week 1, you'll measure weight and waist circumference, note resting pulse and blood pressure, and record a few simple performance tests. If you have recent lab results (fasting glucose, HbA1c, lipid panel, thyroid function), gather them; if not, discuss with your clinician whether testing is appropriate for you. You'll complete a brief sleep audit and a three-day diet diary or photo log without changing anything—this is a snapshot, not a performance review. You'll also set realistic goals: not just “lose weight,” but “reduce waist circumference by a few inches over several months,” “perform ten consecutive sit-to-stands without knee pain,” or “sleep seven hours most nights.”

Equipment is minimal. A tape measure, a reliable scale, a pair of dumbbells or resistance bands to start, comfortable shoes for walking, and somewhere to track your habits—paper or digital. If you have access to a gym, great. If not, your body and a small space will carry you far. Optional aids include a home blood pressure cuff and—if you and your clinician agree—a glucose meter. Wearables can be helpful but are not required; we will show you how to use them wisely, as tools rather than judges.

Nutrition is often the most emotionally loaded part of health change, so we approach it with empathy and clarity. You'll learn how to structure meals with a protein anchor—enough to support muscle maintenance and satiety—surrounded by colorful plants and the right amount of fiber, with healthy fats that help with hormone production and satisfaction. Carbohydrates are not the enemy; timing and type matter. When you train, you'll often place more of your carbs around that activity to support performance and recovery. When you're less active, you'll emphasize vegetables, proteins, and fats for steadier energy. We'll discuss budget-friendly options, family-friendly swaps, and shortcuts for busy weeks. No exotic ingredients required.

The movement chapters meet you where you are. If you're new to strength training,

you will begin with fundamental patterns—squat, hinge, push, pull, carry—using conservative loads, controlled tempo, and built-in rest days. You'll learn form cues and safe progressions. If you're already training, you'll refine your plan with progressive overload and recovery strategies. Conditioning is intentionally efficient: short intervals tailored to your fitness, brisk walking on most days, and strategies to accumulate more movement during your regular routines (stairs, short walking breaks, parking farther away) that make a surprising difference over time.

Sleep and stress are not afterthoughts. Poor sleep can raise appetite and blunt insulin sensitivity; chronic stress can push you toward quick energy and away from thoughtful choices. Rather than asking for an idealized eight hours right away, we'll help you improve what you can: consistent bedtime window, wind-down routine, light exposure and timing, caffeine cutoffs, and brief relaxation techniques that fit into tight schedules. Five minutes can change the tone of a day.

A frequent question is whether you should move quickly or slowly. The answer is both: you'll start now with habits so small they're hard to skip, and you'll build steadily week by week. Early wins—like preparing a high-protein breakfast, completing your first three strength sessions, or improving your sit-to-stand count—create momentum. As your confidence grows, the plan evolves with you. When plateaus happen, we'll treat them as information rather than failure. You'll learn when to adjust nutrition, modify training stress, or shift your recovery strategies.

Special populations and medical considerations are woven into the program rather than relegated to an appendix you never read. If you have diabetes or prediabetes, PCOS, thyroid issues, are an older adult, or have mobility limitations, you'll find targeted advice in the relevant chapters, along with guidance for collaborating with your healthcare team. You'll also learn how common medications can affect appetite, weight, and energy—and how to navigate adjustments responsibly with your prescriber.

You might wonder: how will I know if this is working? Beyond the metrics you track, you will feel it. You'll notice steadier mornings, less midafternoon drift, fewer "urgent" cravings, a calmer response to everyday stressors, and clothes that fit more comfortably. Your workouts will feel more purposeful. If numbers motivate you, you'll see improvement in strength and conditioning tests. If feelings and function motivate you, you'll tune into clearer markers of vitality: getting up from the floor with ease, walking the hills in your neighborhood without stopping, sleeping more soundly, and enjoying food without fear.

Accountability and community matter. Consider inviting a friend, partner, or colleague to follow the program with you, or create a simple check-in system by text. If you prefer privacy, use the weekly checklists and trackers as your quiet form of accountability. At the end of each week, spend five minutes reviewing your notes:

What went well? What felt hard? What will you keep, change, or drop? That brief reflection is the bridge from good intentions to durable habits.

Here is a simple way to kick off your journey. Choose a consistent weekly start day—many readers pick Monday for structure or Saturday for more prep time. On your start day, read the week’s chapter, schedule your three strength sessions in your calendar, and block two 20–30 minute conditioning slots. Shop for the week’s simple meals (you’ll have a short grocery list and plate templates), set a bedtime reminder, and pick one 5–10 minute stress practice you can repeat daily. That’s it. Start there. Don’t try to fix everything at once. The compounding effect of small, well-chosen actions will surprise you.

A final thought about mindset. The goal of a “reset” is not to erase your history; it is to recalibrate your system so that it serves your life now. You can carry forward skills that worked for you (perhaps you enjoy batch cooking on Sundays or evening walks with a friend) and leave behind strategies that drained you. You’ll build evidence for a new identity—someone who trains regularly, eats in a way that supports their goals, and prioritizes sleep and stress management not because a book said so, but because it makes every part of life better.

The pages ahead give you the framework, tools, and encouragement to make that identity real. You bring the willingness to try, to adjust, and to keep going. Turn the page to Week 1. Let’s take a clear-eyed look at your current baseline, set meaningful goals, and begin the practical steps that will restore your energy, help you lose stubborn weight, and reclaim your vitality at any age.

CHAPTER ONE: Baseline: Assessing Your Metabolism

Sarah, a 48-year-old marketing executive, stared at her reflection with a familiar sense of disappointment. She wasn't drastically overweight, but her clothes felt tighter, especially around her middle, and the energy she once took for granted had vanished, replaced by a persistent afternoon slump. She ate "healthy" – or so she thought – and even dragged herself to spin classes, but the needle on the scale wouldn't budge. "Is this just what 40-something feels like?" she wondered, a sigh escaping her lips. Sarah's story is a common one, a subtle but insidious shift that leaves many feeling frustrated and powerless. Before we can navigate the path to restoring metabolic health, we must first understand our starting point. Like any good journey, the first step is to consult the map and measure our current position.

Understanding your metabolic health begins with an honest assessment of your current state. Think of it as gathering intel before a mission. You wouldn't embark on a cross-country drive without checking the fuel gauge and tire pressure, would you? Your body deserves the same thorough inspection. This initial baseline isn't about judgment; it's about collecting objective data to inform your personalized plan. It's the groundwork that will allow you to track your progress accurately and make informed adjustments as you move through the program.

The concept of a "baseline" is fundamental. It means taking a snapshot of various markers before you implement any changes. This snapshot provides a reference point against which all future progress will be measured. Without a clear baseline, it's impossible to truly know if your efforts are yielding the desired results. We'll be looking at a range of metrics, some easily measured at home, others requiring a visit to your healthcare provider. Each piece of data contributes to a comprehensive picture of your metabolic landscape.

The Science of Self-Assessment

Your body is a complex system, and its metabolic health is influenced by many interconnected factors. To assess this, we look at both observable physical characteristics and internal physiological markers. These measurements give us insight into how efficiently your body is processing fuel, managing inflammation, and maintaining overall balance.

Let's start with body composition. While the number on the scale offers one piece of information, it doesn't tell the whole story. Body weight represents your total mass, which includes everything from bones and muscles to organs and fat. A simple scale can track changes in total weight over time, but it cannot differentiate between fat

loss and muscle gain, both of which are crucial for metabolic health. To gain a more nuanced understanding, we need to consider how your body weight is distributed.

Waist circumference is a particularly important measurement. It provides an indicator of abdominal adiposity, often referred to as visceral fat. This type of fat, located around your organs, is metabolically active and is more strongly linked to conditions like insulin resistance, heart disease, and type 2 diabetes than fat stored elsewhere in the body. To measure your waist circumference accurately, stand tall and exhale naturally. Wrap a flexible tape measure around your waist at the level of your navel, ensuring the tape is snug but not compressing the skin.

For a more in-depth look at body composition, several at-home methods exist, though their accuracy varies. Bioelectrical impedance analysis (BIA) scales, often found in bathroom scales, send a weak electrical current through your body to estimate body fat percentage. However, factors like hydration levels can influence their readings, so consistency in measurement conditions (e.g., same time of day, similar hydration) is key. Skinfold calipers are another option, involving pinching the skin and subcutaneous fat at specific sites on the body. While they can offer relatively accurate results when performed correctly and consistently, they often require practice or assistance.

Moving beyond physical dimensions, physiological markers offer a glimpse into your internal metabolic processes. Your resting pulse rate, for instance, reflects how hard your heart is working when at rest. A lower resting heart rate generally indicates better cardiovascular fitness. To measure it, find your pulse on your wrist (just below your thumb) and count the beats for 30 seconds, then multiply by two to get your beats per minute (BPM). For most healthy adults, a resting heart rate between 60 to 100 BPM is considered normal.

Blood pressure is another vital sign that speaks volumes about your cardiovascular and metabolic health. It measures the force of blood against the walls of your arteries. Two numbers are recorded: systolic pressure (the top number), which is the pressure when your heart beats, and diastolic pressure (the bottom number), which is the pressure when your heart rests between beats. Normal blood pressure is typically considered 120/80 mmHg or lower. High blood pressure often has no symptoms, making regular monitoring crucial. Home blood pressure cuffs are widely available and can provide accurate readings if used correctly. It's important to rest for at least five minutes before taking a reading, sit with your back supported and feet flat on the floor, and ensure your arm is at heart level.

For a deeper dive into your metabolic chemistry, certain blood tests are invaluable. Fasting glucose measures the amount of sugar in your blood after an overnight fast. Levels between 100 and 125 mg/dL typically indicate prediabetes, while levels 126 mg/dL or higher may suggest diabetes. Optimal fasting glucose levels are often

considered to be even lower, in the range of 70–85 mg/dL.

A lipid panel, or cholesterol test, provides information about different types of fats in your blood, including total cholesterol, LDL (low-density lipoprotein, often called "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides. High levels of LDL and triglycerides, along with low HDL, are associated with an increased risk of heart disease. Your healthcare provider will interpret these results in the context of your overall health and risk factors. These blood tests offer critical insights into your body's ability to process and manage fats and sugars, directly reflecting your metabolic health.

Finally, we also consider your "Basal Metabolic Rate" (BMR) or "Resting Metabolic Rate" (RMR). This is the number of calories your body burns at rest to perform basic life-sustaining functions like breathing, circulating blood, and cell production. While precise measurement typically requires specialized equipment, several equations can provide a reasonable estimate of your BMR, taking into account factors like age, gender, height, and weight. For example, the Mifflin-St. Jeor equation is a commonly used formula. Understanding your BMR can help you set appropriate caloric targets as you progress through the program.

The Weekly Protocol: Your Baseline Blueprint

This week is all about honest observation, not immediate change. Your mission is to gather accurate baseline data across several key areas.

1. Body Metrics:

- **Weight:** Weigh yourself first thing in the morning, after using the bathroom, and before eating or drinking anything. Use the same scale, in the same location, each time for consistency. Record this number.
- **Waist Circumference:** Using a flexible tape measure, wrap it around your bare abdomen just above your hip bones (typically at the level of your navel). Breathe out gently, relax, and measure. Ensure the tape is level all the way around and not pulled too tight. Record this in inches or centimeters.

2. Physiological Markers (Home-Based):

- **Resting Pulse:** Find your pulse on your radial artery (wrist, just below the thumb). Count the beats for 30 seconds and multiply by two. Do this after sitting quietly for at least five minutes. Record the BPM.
- **Blood Pressure:** If you have a home blood pressure cuff, take three readings, waiting a minute between each, and record the average. Follow the instructions for proper positioning: sit upright with feet flat, arm supported at heart level, and cuff on bare skin. If you don't have a cuff, consider getting one or note where you can get a measurement (e.g., pharmacy kiosk).

3. Health Records & Lab Work:

- **Gather Recent Lab Results:** Collect any recent blood test results you have from the past 6-12 months. Specifically look for fasting glucose, HbA1c (if available), and a lipid panel (total cholesterol, HDL, LDL, triglycerides). If you don't have these or they are outdated, schedule a discussion with your healthcare provider about getting them.
- **Thyroid Function (Optional but Recommended):** If you've had thyroid stimulating hormone (TSH) tested, note that as well. Thyroid function significantly impacts metabolism.

4. Lifestyle Audits:

- **Sleep Audit:** For three consecutive nights, keep a simple sleep log. Note your bedtime, wake-up time, estimated time to fall asleep, and any awakenings. Also, rate your sleep quality on a scale of 1 to 5 (1 = terrible, 5 = excellent). Record how you feel upon waking.
- **Diet Diary/Photo Log:** For three typical days (including at least one weekend day), record everything you eat and drink. Don't change your habits; just observe. You can write it down in detail or simply take photos of all meals, snacks, and beverages. This isn't about judgment, but about becoming aware of your current intake patterns.
- **Activity Snapshot (NEAT):** For three days, simply estimate your daily step count or consciously note your non-exercise activity. How often do you stand, walk, or move outside of structured exercise? Do you pace while on the phone? Take the stairs? Park further away? This is a mental audit more than a precise measurement for now.

5. Performance Metrics (Simple At-Home Tests):

- **Sit-to-Stand Test:** Using a sturdy chair without arms, sit down and stand up as many times as you can in 30 seconds. Keep your arms crossed over your chest. Record the number. This measures lower body strength and endurance.
- **Modified Push-Up Test:** Get into a push-up position (either on your knees or toes). Perform as many controlled push-ups as you can with good form (chest towards the floor, body straight) until fatigue. Record the number. This assesses upper body and core strength.
- **Brisk 1-Mile Walk (or 15-Minute Walk Test):** Find a flat, measurable mile (track or paved path) or simply walk briskly for 15 minutes. Record the time it takes to walk one mile, or the distance covered in 15 minutes. Note your perceived exertion (how hard it felt) on a scale of 1 to 10 (1 being very easy, 10 being maximal effort). This offers a basic measure of cardiorespiratory fitness.

6. Subjective Wellbeing:

- **Energy & Mood Scale:** Each evening, rate your overall energy level and mood for the day on a scale of 1 to 10 (1 = lowest, 10 = highest). These subjective measures are important indicators of metabolic health and often improve early in a reset program.

Your Week 1 Checklist

- Record morning weight.
- Measure waist circumference.
- Take resting pulse.
- Measure blood pressure (if able).
- Gather recent lab results or contact clinician for testing.
- Complete 3-day sleep audit.
- Complete 3-day diet diary/photo log.
- Note daily NEAT activity.
- Perform Sit-to-Stand test.
- Perform Modified Push-Up test.
- Complete Brisk 1-Mile Walk/15-Minute Walk Test.
- Rate daily energy and mood (1-10 scale).

Troubleshooting: What to Expect

It's common to feel a mix of curiosity and perhaps a little overwhelm during this initial assessment week. You might notice things about your habits that surprise you, or you might feel disheartened by certain numbers. Remember, this is simply data collection. There's no "good" or "bad" baseline, only *your* baseline. Resist the urge to make immediate changes to your diet or activity this week; the goal is simply to observe and record. If you find your current numbers are a source of stress, acknowledge that feeling, but gently remind yourself that this information is empowering. It's the first step toward positive change. If any physical test causes pain, stop immediately and make a note of it. We will address modifications in later weeks.

Recommended Readings and Resources

- The American Heart Association provides extensive information on understanding blood pressure readings and cholesterol levels.
- The American College of Sports Medicine (ACSM) offers guidelines on various fitness assessments.
- For sleep tracking, consider using a simple sleep diary template (many are available online from organizations like the National Heart, Lung, and Blood Institute).
- For dietary tracking, a pen-and-paper food diary, or a simple photo log on your phone, is sufficient for this initial audit.

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