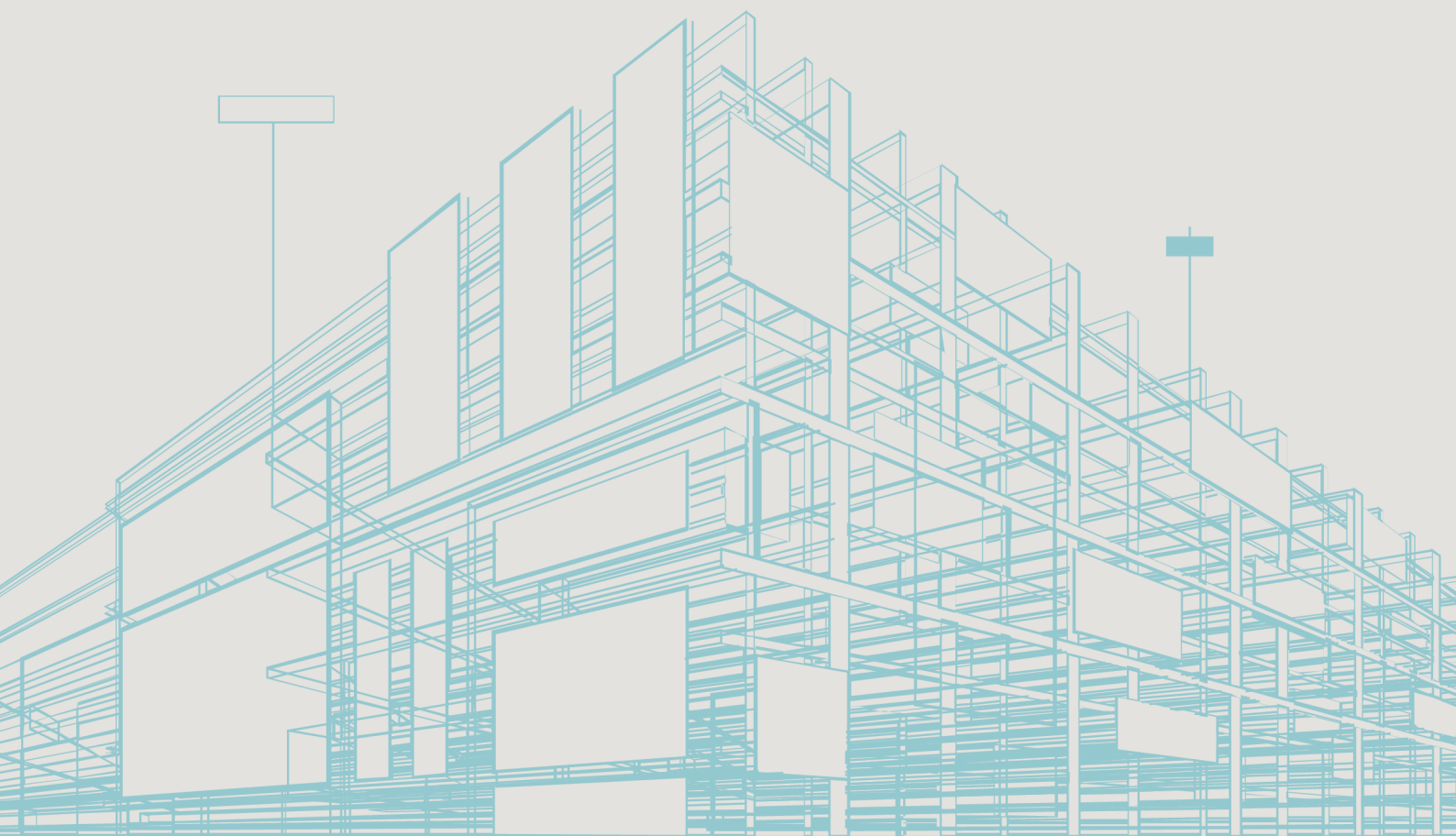


MY REINFORCEMENT BLUEPRINT

Protecting My Metabolic Health



Over the past months, you have worked to **rebalance inflammation, restore gut health, and rebuild metabolic resilience.**

This blueprint helps you **reinforce those gains** so your progress continues long-term.

Complete the sections below to define your **personal stability system.**

1. MY METABOLIC ANCHORS

These are **daily or weekly habits that help keep my blood sugar stable.**

Examples:

- Walking after meals
- Strength training 2–3 times weekly
- Consistent meal timing
- Drinking adequate water
- Maintaining a consistent sleep schedule

My 3 Metabolic Anchors
1.
2.
3.

2. MY STRESS ANCHORS

Stress hormones can elevate blood sugar even when food intake is stable. These practices help regulate your nervous system and cortisol rhythm.

Examples:

- Breathwork
- Prayer or meditation
- Quiet time in the morning
- Nature walks
- Journaling
- Digital boundaries in the evening

My 3 Stress Anchors
1.
2.
3.

3. MY FOOD ANCHORS

These are **reliable meals or foods that keep my glucose stable.**

They help prevent decision fatigue and support consistent habits.

Examples:

- Oatmeal with berries and seeds
- Lentil and vegetable bowl
- Large salad with beans and avocado
- Vegetable stir-fry with tofu or legumes

My 3 Food Anchors
1.
2.
3.

4. MY EMERGENCY RESET PLAN

Life happens. Travel, stress, holidays, or schedule changes can temporarily destabilize blood sugar.

Your reset plan helps you **quickly return to stability**.

Examples:

- Return to structured meals
- Increase vegetables and fiber
- Walk after meals
- Focus on quality sleep
- Reduce processed foods

My 3 Reset Steps
1.
2.
3.



EARLY WARNING SIGNS MY BLOOD SUGAR IS DRIFTING

Examples:

- Increased cravings
- Afternoon energy crashes
- Brain fog
- Sleep disruption

My Personal Warning Signs

Reflection

The habit that protects my metabolic health the most is:

My Commitment

I commit to reinforcing my metabolic health by consistently practicing the anchors listed above.

Signature _____

Date _____

