

A ONE GOOD* DAY GUIDE TO...

Improving your Metabolic Health

This worksheet is designed to guide you through simple, actionable steps to enhance your metabolic health. By focusing on key areas such as diet, physical activity, sleep, and stress management, you can make significant strides toward a healthier you.

DIET

Nourishing your body

Improve the quality of your diet to support stable blood sugar levels, a healthy gut, and reduce inflammation.

Food Log:

Write down everything you eat and drink. Note how you feel physically and mentally after meals.

Fiber-Rich Foods:

Aim to include a source of fiber in every meal (fruits, vegetables, whole grains, legumes)

Probiotic and Prebiotic Foods:

Support your gut health with foods like yogurt, kefir, sauerkraut, and bananas.

Anti-Inflammatory Foods:

Incorporate foods rich in omega-3s and antioxidants (fatty fish, berries, nuts, and green leafy vegetables)

PHYSICAL ACTIVITY

Move for mental health

Engage in regular physical activity to boost mood, energy levels, and overall well-being.

Weekly plan:

Plan your physical activities for the week. Include a mix of cardio, strength training, and flexibility exercises.

Daily Step Goal:

Set a realistic daily step goal. Gradually increase as you become more comfortable.

Engagement in Group Activities:

Consider joining group sports or exercise classes for additional motivation and social interaction.



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SLEEP

Restoring mind and body

Improve sleep quality and duration to support metabolic and mental health.

Sleep schedule:

Aim to go to bed and wake up at the same time every day, even on weekends.

Sleep environment:

Make your bedroom conducive to sleep (cool, dark, and quiet).

Technology Detox:

Limit screen time at least an hour before bedtime to improve sleep quality.

STRESS MANAGEMENT

Finding your calm

Implement strategies to reduce stress, which can negatively impact metabolic health.

Daily relaxation time:

Dedicate time each day to relaxation or activities that you enjoy.

Mindfulness or meditation:

Practice mindfulness or meditation to reduce stress and improve mental clarity.

Creative Outlets:

Incorporate creative activities like drawing, writing, or playing music to express emotions and relieve stress.



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WEEKLY REFLECTIONS

Successes this week: _____

Challenges faced: _____

Learnings and adjustments for next week: _____

YOUR NEXT STEPS

Set one goal in each area for the upcoming week. Small, achievable goals can lead to significant health improvements over time.

Diet: _____

Physical Activity: _____

Sleep: _____

Stress Management: _____



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