

[illegible]

©2024 All Rights Reserved.

RHR: Take your resting heart rate first thing in the morning. If you get up to use the restroom, lie down and relax again fully before taking your heart rate for 15 or 30 seconds. Multiple by 4 or 2 accordingly to get your heartbeat per minute. Alternatively, if you have a heart rate monitor, you can let that do the work. Take your heart rate before caffeine and as soon after you wake as you can. Changes of 5-10 beats a day are significant. (You'll learn more in Module Seven).

Temp: Take your daily temperature first thing also. Fluctuations or above or below normal range can help you track changes and potential ties to thyroid to share with your physician. Digital thermometers are reasonable priced at your pharmacy.

Water: Record the number of 8oz. glasses of water you drink daily. Though tea and other fluids count toward hydration track only pure water. It's your best source of hydration. (Consider checking the quality of your water if you don't have a filter. More to come in Module Six).

Sleep: Record your total hours of sleep. Once you've completed the Sleep Needs Worksheet in Module Five this you'll be able to assess.

Protein: Record the number of meals (and or snacks) you reach 30+ grams of protein. There's a helpful list of high-quality protein sources included in Module Two to help. But, read labels and use Google as needed to get accurate totals.

Fiber: Record your total grams of daily fiber. Minimum goal: 25. (Between 35-50 if you have 20lbs or more to lose). Increase by 5g each week to allow your body to adjust slowly. Get your fiber from real food sources rather than supplements. But tracking is FIRST! No arbitrary goal setting without knowing where you began. We want to slowly and progressively close gaps.

Stress: Record the time in minutes you dedicate to relaxation and activities that are stress-reducing (not including moderate-vigorous exercise time) for you.