

THE WELL WOMAN



6-Week Metabolic Reset™

Restore metabolic function. Reduce inflammation.
Rebuild energy — without extremes.

A guided clinical program for women's
metabolic, hormonal & breast health

DEIKA KING, ND, MS, MH, CCT, ONC

Well Woman Wellness Ctr.

FILLABLE EDITION

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Medical Disclaimer

This material is intended for educational and informational purposes only and is not a substitute for individualized medical care. Always consult your qualified healthcare provider before beginning any new nutrition, supplement, exercise, or detoxification program — particularly if you are pregnant, nursing, taking medication, or managing a medical condition.

A Letter From Your Practitioner

Welcome,

If you've landed here, your body has been asking for something different. Maybe it's the stubborn weight that won't move. The afternoon energy that disappears. The hormonal shifts. The lingering inflammation. The labs that keep drifting in the wrong direction. You are not broken. Your metabolism is asking to be heard.

Over the next six weeks we will rebuild three things together: **metabolic flexibility, hormonal calm, and inflammatory quiet**. Not through extremes. Through clinical precision and small, consistent practices that compound.

“Your body is not the enemy of your goals. It is the messenger of your healing.”

— Deika King, ND, MS, MH, CCT, ONC

What makes this different

- Designed by a naturopathic doctor with a clinical focus on metabolic, hormonal, and breast health.
- Built to produce **visible wins in 2–3 weeks**, not vague promises.
- Treats food, movement, sleep, and nervous-system regulation as a **single integrated prescription**.
- Honors the body. No starvation, no extremes, no shame.

How to Use This Workbook

This is your companion for the six-week journey. Use it as you would a clinical chart — gently, honestly, and consistently. **This edition is fillable:** tap any field to type directly into the PDF.

Each week contains:

- **The Lesson** — what is happening in your body and why
- **Nutrition Add / Soften** — the clinical food shifts of the week
- **Daily Practice** — a single small action that compounds
- **Tracker** — body signals, not just the scale
- **Reflection** — to anchor the work into your life

The 80/20 Promise

You do not need to be perfect. You need to be **consistent**. Aim for 80% adherence. The remaining 20% is where life lives — and we plan for it on purpose.

Your Why

Before any nutrition plan, name the reason. The brain follows meaning more reliably than it follows discipline.

1. I am beginning this reset because...

2. The biggest obstacle I anticipate is...

3. Six weeks from now, I want to feel...

Baseline Snapshot

Date:

Primary concerns (check all that apply)

- Insulin resistance / prediabetes
- Stubborn weight / belly fat
- Hormonal shifts (peri/menopause)
- Breast health / dense breast tissue
- Sleep disruption
- Type 2 diabetes
- Fatigue or afternoon crashes
- PCOS history
- Inflammation / joint pain
- Brain fog or mood swings

Current medications & supplements

Measurements (optional)

Weight: Waist: Hips:
BP: Fasting glucose: A1C:

Rate today (1 low → 5 great)

Marker	1	2	3	4	5
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Confidence

The Metabolic Foundation

Why metabolism is the master conversation

Metabolism is not just calories. It is the constant translation between what you eat, how your cells make energy, and how your hormones behave in response. When this conversation breaks down, it shows up everywhere — weight, mood, cycles, breast tissue, sleep, and risk markers.

The Four Drivers We Will Rebuild

- **Glucose stability** — fewer spikes, fewer crashes, calmer insulin
- **Mitochondrial energy** — the cellular power plants that make ATP
- **Inflammation control** — quiet the smoke that drives disease
- **Hormonal rhythm** — cortisol, insulin, estrogen, thyroid in conversation

Clinical Note — The Breast Connection

Insulin resistance and chronic inflammation are now recognized contributors to dense breast tissue, hormonal imbalance, and long-term breast health risk. Caring for your metabolism is also caring for your breasts.

WEEK 01

Stabilize — The Glucose Floor

Stop the spike-and-crash cycle. Most women feel it in 5–7 days.

The Lesson

Every meal sends one of two signals: **store** (insulin high) or **burn** (insulin low). For six weeks we tip the balance toward burn.

The single most powerful lever is the **order and composition** of what you eat — protein and fiber first, carbohydrates last and never alone.

Skipping meals is not a shortcut. It teaches the body scarcity, raises cortisol, and worsens the next spike.

Add this week

- 30g protein within 60 minutes of waking
- A palm of protein at every meal
- Non-starchy vegetables filling half the plate
- 2L of mineral-rich water

Soften this week

- Liquid sugar (juice, sweet coffee, soda)
- Naked carbs (toast alone, fruit alone, crackers alone)
- Snacking between meals — give insulin a rest

This Week's Daily Practice

The 10-minute walk. After your largest meal each day, walk for 10 minutes. This single habit can lower the post-meal glucose spike by up to 30%.

Wins to watch for

- Steadier afternoon energy
- Fewer 3pm cravings
- Less brain fog

Week 1 - Tracker

Daily check-ins (tap any field to type)

Day	Energy	Sleep	Cravings	Practice ✓	Notes
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Tue	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Thu	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

End-of-week reflection

What shifted in my body this week?

Where did I struggle, and what did it teach me?

What will I carry into next week?

WEEK 02

Repair — Cool the Inflammation

Lower the smoke so the body can heal underneath.

The Lesson

Chronic low-grade inflammation drives insulin resistance, hormonal disruption, and tissue changes — including in the breast.

We cannot eliminate all inflammation, nor would we want to. We are raising the **signal-to-noise ratio**: more anti-inflammatory inputs, fewer pro-inflammatory ones.

Omega-3 fats, polyphenols (color), and quality sleep are the three most powerful daily anti-inflammatories you have.

Add this week

- Fatty fish 2–3x per week (salmon, sardines, mackerel)
- 1–2 cups of deeply colored produce daily (berries, leafy greens, beets)
- Extra-virgin olive oil — 1–2 tbsp daily
- Turmeric, ginger, garlic — culinary doses

Soften this week

- Industrial seed oils (soybean, corn, cottonseed, fried foods)
- Ultra-processed snack foods
- Alcohol — pause for the next 4 weeks if possible

This Week's Daily Practice

Sleep window. Choose a consistent 7-hour window and protect it. Lights low after sunset. No screens 30 minutes before bed.

Wins to watch for

- Less puffiness
- Calmer joints
- Clearer skin

Week 2 - Tracker

Daily check-ins (tap any field to type)

Day	Energy	Sleep	Cravings	Practice ✓	Notes
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Tue	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Thu	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

End-of-week reflection

What shifted in my body this week?

Where did I struggle, and what did it teach me?

What will I carry into next week?

WEEK 03

Rebuild — Mitochondria & Muscle

Energy you can feel. Strength you can see.

The Lesson

Muscle is the largest glucose-disposal organ in the body. More muscle = more places for sugar to go that aren't fat storage.

Mitochondria — the energy factories inside your cells — respond to two things: **brief stress** (movement) and **nutrient density** (real food).

After 35, women lose roughly 1% of muscle per year unless we actively train against it. This is the single most protective metabolic act.

Add this week

- 100–120g protein daily, spread across 3 meals
- B-vitamin rich foods (eggs, organ meats, leafy greens, legumes)
- Magnesium-rich foods (pumpkin seeds, almonds, dark chocolate, spinach)
- Fermented foods 1× daily for the gut–mitochondria axis

Soften this week

- Late-night eating — give mitochondria 12 hours of rest overnight
- Excess caffeine after 2pm

This Week's Daily Practice

Strength, twice a week. Two 20-minute resistance sessions. Squats, pushes, pulls, hinges, carries. Heavy enough that the last two reps are hard.

Wins to watch for

- Tangible strength gains
- Warmer hands & feet
- Improved stamina

Week 3 - Tracker

Daily check-ins (tap any field to type)

Day	Energy	Sleep	Cravings	Practice ✓	Notes
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Tue	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Thu	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

End-of-week reflection

What shifted in my body this week?

Where did I struggle, and what did it teach me?

What will I carry into next week?

WEEK 04

Hormone Harmony

Steady mood, steadier cycles, calmer cortisol.

The Lesson

Insulin is a hormone. When insulin is loud, every other hormone has to shout to be heard — including estrogen, progesterone, and thyroid.

Cortisol — the stress hormone — also raises blood sugar. Nervous-system regulation is metabolic medicine.

Estrogen is metabolized through the liver and gut. Both must be supported for hormones (and breast tissue) to stay balanced.

Add this week

- Cruciferous vegetables daily (broccoli, cauliflower, arugula, kale)
- Ground flaxseed — 1–2 tbsp daily
- 30+ grams of fiber daily for estrogen clearance
- Adequate salt & minerals to support adrenals

Soften this week

- Caffeine on an empty stomach
- Hidden sugars in 'health' foods (granola, flavored yogurt, bars)

This Week's Daily Practice

The 5-minute reset. Twice daily — once mid-morning, once before dinner — sit, close your eyes, and breathe in for 4, out for 6 for five minutes. This is not optional. It is metabolic.

Wins to watch for

- Calmer mood
- Better sleep onset
- Less PMS or peri symptoms

Week 4 - Tracker

Daily check-ins (tap any field to type)

Day	Energy	Sleep	Cravings	Practice ✓	Notes
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Tue	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Thu	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

End-of-week reflection

What shifted in my body this week?

Where did I struggle, and what did it teach me?

What will I carry into next week?

WEEK 05

Detoxify — Liver, Gut & Lymph

Help the body clear what it has been holding.

The Lesson

The liver, gut, and lymphatic system are the body's drainage. When they slow, hormones recirculate, inflammation rises, and breast tissue can become congested.

True 'detox' is not a juice cleanse. It is daily support of the organs that already do this work — every single day, for free.

Lymphatic flow has no pump. **You** are the pump — through movement, breath, hydration, and dry brushing.

Add this week

- Bitter greens (arugula, dandelion, radicchio) before main meals
- Lemon water on waking
- Sulfur-rich foods (eggs, garlic, onions, cruciferous)
- Castor oil packs over the liver, 3–4 nights/week (optional)

Soften this week

- Alcohol
- Conventional, hormone-treated animal products when possible
- Chemical fragrance and skincare — the skin is an absorption organ

This Week's Daily Practice

Daily lymphatic move. Five minutes — rebounding, dry brushing toward the heart, or gentle stretching. Breast self-massage in circular strokes, 1–2x per week.

Wins to watch for

- Reduced swelling
- Lighter, less tender breasts
- Better digestion

Week 5 - Tracker

Daily check-ins (tap any field to type)

Day	Energy	Sleep	Cravings	Practice ✓	Notes
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Tue	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Thu	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

End-of-week reflection

What shifted in my body this week?

Where did I struggle, and what did it teach me?

What will I carry into next week?

Integrate — Your Forever Protocol

Translate six weeks of work into a life.

The Lesson

The reset is over. The rhythm is just beginning. Anything that worked for six weeks can work for sixty — if it is built into your real life.

Identify your **non-negotiables** (the 3–5 habits you will keep regardless), your **flex zones** (where life can move things), and your **red flags** (early warning signs to act on).

Plan the next 90 days. Schedule a re-test of any labs that mattered. Decide who is on your team going forward.

Add this week

- A weekly 'reset day' — protein-forward, plant-rich, simple
- A seasonal pantry refresh every 90 days

Soften this week

- All-or-nothing thinking. The work is rhythm, not perfection.

This Week's Daily Practice

Write your forever protocol. Use the worksheet on the next page. Sign it. Date it. This is the contract with yourself.

Wins to watch for

- Confidence
- Clarity
- A maintainable rhythm

Week 6 - Tracker

Daily check-ins (tap any field to type)

Day	Energy	Sleep	Cravings	Practice ✓	Notes
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Tue	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Thu	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

End-of-week reflection

What shifted in my body this week?

Where did I struggle, and what did it teach me?

What will I carry into next week?

The Reset Plate — 7-Day Sample Menu

Use this as a template, not a rule. Mix and match. Repeat what works.

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Veggie scramble (3 eggs, spinach, tomato) + ½ avocado	Grilled chicken salad, olive oil & lemon, ½ cup quinoa	Baked salmon, roasted broccoli, ½ small sweet potato	Greek yogurt + walnuts + cinnamon
Day 2	Greek yogurt + chia + berries + flax	Lentil soup + leafy salad + olive oil	Turkey meatballs, zucchini noodles, marinara, ¼ cup brown rice	Apple + 2 tbsp almond butter
Day 3	Smoothie: protein + spinach + ½ cup berries + flax + almond milk	Tuna lettuce wraps + cucumber + olives + hummus	Stir-fried beef, mixed peppers, cauliflower mash	Hard-boiled eggs + cherry tomatoes
Day 4	Cottage cheese + flax + raspberries	Chickpea & feta salad + roasted vegetables	Roasted chicken thigh, sautéed greens, ½ baked potato	Dark chocolate (1 oz) + 6 walnuts
Day 5	Eggs over arugula, olive oil, sliced avocado	Salmon bowl: greens, quinoa, cucumber, tahini	Shrimp stir-fry, snow peas, spaghetti squash	Pear + cheese
Day 6	Steel-cut oats + protein powder + walnuts + berries	Big salad + grilled chicken + olive oil + pumpkin seeds	Stuffed bell peppers (turkey + cauliflower rice) + ¼ cup quinoa	Greek yogurt + cinnamon
Day 7	Frittata (eggs, leeks, goat cheese) + side greens	Lentil + roasted vegetable bowl + tahini drizzle	Baked white fish, asparagus, ½ cup wild rice	Berries + coconut yogurt

Supportive Supplement Guide

Always discuss supplements with your provider, especially if you take medication. The list below is educational only.

Nutrient	Why we use it	Typical range
Magnesium glycinate	Insulin sensitivity, sleep, nervous system	200–400 mg evening
Berberine	Glucose & lipid support (avoid if pregnant)	500 mg, 2–3x daily with meals
Omega-3 (EPA/DHA)	Inflammation, lipids, hormones	1–2 g combined EPA/DHA daily
Vitamin D3 + K2	Insulin sensitivity, breast & bone health	Dose to lab; typical 2,000–5,000 IU
Inositol (myo + d-chiro)	PCOS / insulin signaling	2 g, twice daily
Alpha-lipoic acid	Glucose, mitochondrial support	300–600 mg daily
Probiotic (multi-strain)	Gut–hormone axis	Daily, varies by product
Adaptogens (ashwagandha, cordyceps, reishi)	Stress resilience	Per product / practitioner

Labs Worth Watching

Bring this list to your provider. Ask for a full picture, not just fasting glucose. Use the checkboxes to track what you've ordered.

Core metabolic panel

- | | |
|---|---|
| <input type="checkbox"/> Fasting glucose & insulin (HOMA-IR) | <input type="checkbox"/> Hemoglobin A1C |
| <input type="checkbox"/> Lipid panel (LDL particle size if available) | <input type="checkbox"/> hs-CRP (inflammation) |
| <input type="checkbox"/> Liver enzymes (ALT, AST, GGT) | <input type="checkbox"/> TSH, free T3, free T4 (thyroid) |
| <input type="checkbox"/> Vitamin D (25-OH), B12, ferritin, magnesium | <input type="checkbox"/> Sex hormones (estradiol, progesterone, |
| <input type="checkbox"/> RBC | <input type="checkbox"/> testosterone, DHEA) |

Re-test target

Most markers respond meaningfully in **8–12 weeks**. Plan to re-check key labs 6–8 weeks after completing this program.

Non-Scale Progress Tracker

The scale is one data point — and rarely the most useful one. Track these every two weeks.

Week 0 (baseline)

Marker	1	2	3	4	5
Energy through the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cycle / hormonal symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength & stamina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clothes fit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confidence in food choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 2

Marker	1	2	3	4	5
Energy through the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cycle / hormonal symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Strength & stamina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clothes fit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confidence in food choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 4

Marker	1	2	3	4	5
Energy through the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cycle / hormonal symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength & stamina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clothes fit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confidence in food choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 6

Marker	1	2	3	4	5
Energy through the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cycle / hormonal symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength & stamina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clothes fit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confidence in food choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My Forever Protocol

Distill the six weeks into a sustainable rhythm.

My 5 non-negotiables (daily/weekly habits I will keep):

My flex zones (where life is allowed to move things):

My early warning signs (that tell me to come back to the basics):

My next clinical check-in date:

Date:

Signed:

Date:

A Closing Word

You did not just complete a program. You changed the conversation your body has been having with itself.

Metabolism is not a problem to solve once. It is a practice to keep — in seasons, in cycles, in small daily acts of loyalty to yourself.

Come back to this workbook whenever you need to remember the rhythm. The tools do not expire.

With care,

Deika King, ND, MS, MH, CCT, ONC

Naturopathic Doctor · Oncology Nutrition Consultant
Well Woman Wellness Ctr.

www.wellwomanwellnessctr.com