PHASE 1: RESET

TUNING IN & CHECKING IN

Print this packet & keep it at your bedside for nightly check-ins!

WHAT'S INSIDE

2	**Tuning In & Checking In:** how the daily practice works
3	**The 5 Signs Assessment:** how you're gauging your personal experiences
3-11	**8 Weekly Support Sheets:** one page per week, filled in each night

TUNING IN & CHECKING IN

One of the most crucial parts of Phase 1 is tuning in and checking in **with intention**—so you're listening to your body *and* showing up for yourself.

We do this with good, old-fashioned pen to paper each night before bed, using the eight weekly Support Sheets in this packet. Here's what you'll see on them.

Tuning In: The 5 Signs Assessment

This is where you tune in to a few important ways your body communicates with you.

Hunger **Energy levels** **Sleep quality** **Stress runway & mood** **Digestion**

For each of the 5 signs except hunger, you'll assess on a simple scale of 1–5. Hunger gets an arrow instead. Full guidance is on the next page!

Your cycle

Also an important sign, which is why there's space to cross-reference it in your tracker. It's completely optional, though—the 5 signs are still the most important **daily** indicators you'll assess each night.

P	F	L	M
Period	Follicular	Luteal	Post-menopause

Checking In: Daily Anchors

This is where you make sure you're showing up for yourself in your Reset phase by remembering the Daily Anchors. It's as simple as checking the boxes!

Community Check-In/Challenge	Nervous System Flow	Breakfast	Workout OR Recovery	Writing

Anything else intentional—morning or evening light, a sleep target, a walk—goes in the **Extras** column.

NOTES: Monday is typically Day 1.
Weekends (marked as days 6 and 7) are optional for almost everything *except* prepping for the following week.

THE 5 SIGNS ASSESSMENT

This is about how you **feel**, and becoming more attuned to your body. Over time you'll be able to scan your Support Sheets and see trends and improvements.

Don't agonize over your score or over-analyze the signs. The examples below are for guidance; you don't have to fit perfectly in the boxes.

ASSESSING HUNGER

↑	B	↓
Ravenous or uncomfortably hungry more than once in a day	Balanced hunger, aligned with mealtimes	Not really hungry for most of the day

ASSESSING ENERGY LEVELS

1	2	3	4	5
Awful: super low energy, dragging, crash mode, no motivation	Not great: low energy, 1–2 crashes,motivation low	Neutral: no crashes & enough motivation for required tasks	Good: steady energy, good motivation, good productivity	Excellent: high energy, motivation, and productivity

ASSESSING SLEEP Bonus: next to your 1–5, add a "/#h" for hours of sleep (e.g. 4/8h)

1	2	3	4	5
Awful: could not fall asleep, woke multiple times, not restorative	Not great: difficulty falling asleep, woke up at least once, not restorative	Neutral: fell asleep fairly easily, not necessarily restorative but not disastrous	Good: fell asleep fairly easily, slept through, felt good waking up	Excellent: fell asleep easily, slept through, felt restored & energetic waking up

ASSESSING STRESS RUNWAY & MOOD

1	2	3	4	5
Awful: zero bandwidth & everything sets me off, feeling negative, STRESSED	Not great: low bandwidth, "off" day with above-average stress	Neutral: average bandwidth, not negative but not overtly positive, average stress	Good: decent bandwidth, feeling positive, coping well with stressors	Excellent: high bandwidth, positivity, and tackling stressors easily

ASSESSING DIGESTION

1	2	3	4	5
Awful: constant gas, bloating, irregularity, stool issues, or all of the above	Not great: intermittent discomfort and/or stool issues	Neutral: not perfect, but nothing life-limiting	Good: mostly predictable, and good stool formation	Excellent: like clockwork, regular, award-winning stool

WEEK ___ SUPPORT SHEET

□ Grey box = optional

Fill in each spot using the guidance on page 2. Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger *↑ B ↓*	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	Notes
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6 *optional*							
Day 7 *optional*							

Check off each anchor in the evening as a way to physically connect your intentions with your actions. Add anything else intentional (AM/PM light exposure, other personal goals) to "Extras."

CHECK IN: Daily Anchors

	Community check-in	NS flow	Breakfast	Workout OR recovery	Writing	Extras?	Notes
Day 1	□	□	□	□	□		
Day 2	□	□	□	□	□		
Day 3	□	□	□	□	□		
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Day 5	□	□	□	□	□		
Day 6 *optional*	□	□	□	□	□	**Next week prep** □	
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