



Read Your Own Signals

Score five signals from 1 to 5, twice a day, for seven days. Note the previous meal. After a week you have a pattern; after a month, a map.

DAILY SCAN (1-5)

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|---------------------|--|
| 1. Energy | 1 = running on fumes · 5 = sharp & sustained |
| 2. Digestion | 1 = bloated/uneasy · 5 = settled & easy |
| 3. Focus | 1 = foggy · 5 = clear & responsive |
| 4. Mood | 1 = flat/irritable · 5 = engaged & resilient |
| 5. Sleep | 1 = wrecked · 5 = fully restored |

Day	Energy	Digestion	Focus	Mood	Sleep	Notes / previous meal
1						
2						
3						
4						
5						
6						
7						

WEEKLY SYNC (15 MIN, TOGETHER)

- Where do scores consistently drop? That is your priority lever.
- Do drops line up with certain meals, times or shared situations?
- Has any signal improved since last week? A lever is moving.

SIGNAL → LEVER

- Afternoon energy → blood sugar / insulin
- Digestion → gut & living foods
- Waking energy → sleep
- Mood & drive → hormones
- Joints & skin → collagen & inflammation