

Vital Labs Presents

CRAVING TRACKER + RESET CHECKLIST



Craving Tracker + Reset Checklist

Spot the triggers. Stop the crash. Take back control.

Why You're Here

If you've landed here, chances are you've experienced it:

- That sudden, urgent pull toward something sweet — even when you're not physically hungry.
- The mid-afternoon crash that leaves you foggy, irritable, and reaching for caffeine or candy.
- The frustrating cycle of “I'll be good” in the morning... and “just one bite” at night turning into three.

This isn't about lack of willpower.

It's about **how sugar interacts with your brain and body** — and why breaking free means working with your biology, not against it

“You're not failing. Your biology is begging for balance.”

— Vital Labs

Intro: The Truth About Sugar

Sugar doesn't just live in desserts. It's added to over **70% of packaged foods** in the U.S. — including breads, sauces, yogurts, and snack bars — often in forms like high-fructose corn syrup, cane sugar, or fruit concentrates.

Here's what typically happens inside your body after a high-sugar hit:

- **Blood Sugar Spike** — Glucose from the food quickly enters your bloodstream, raising blood sugar levels. This can make you feel a quick lift in mood and energy.
- **Insulin Response** — Your pancreas releases insulin to move glucose into cells for energy or storage.
- **Blood Sugar Dip ("Crash")** — If the spike is steep, insulin can lower blood sugar rapidly, sometimes below baseline. This triggers hunger signals and can increase cravings for quick carbs or sugar.
- **Reinforcement Loop** — Your brain's reward system releases dopamine when you eat sugar, creating a "remembered reward" that strengthens the urge to repeat the behavior in the future.

Chronic overconsumption of added sugars is linked to:

1. Increased fatigue and difficulty concentrating (NIH)
2. Higher risk of mood swings and anxiety symptoms (Nutrients Journal, 2019)
3. Elevated inflammation markers, which may contribute to joint pain, skin conditions, and cardiovascular issues (Harvard School of Public Health)
4. Increased risk for insulin resistance, prediabetes, and type 2 diabetes (American Diabetes Association)

Why You Can't "Just Stop Eating Sugar"

Cravings are not random — they are coordinated signals between your gut, hormones, and brain's reward circuits.

Stress hormones (like cortisol), dips in blood sugar, or even environmental cues can activate this system.

Sugar stimulates dopamine release, which is part of the brain's motivation and reward pathway. Over time, repeated spikes from high-sugar foods can make the brain more responsive to sugar cues, increasing the "pull" to consume it — especially during stress or fatigue.

Why This Tracker Works

The **Craving Tracker + Reset Checklist** is designed to break the autopilot cycle by helping you:

1. See Your Triggers in Real Time

Whether it's emotional (stress, boredom), physical (energy crash), or habitual (watching TV after dinner), the tracker helps you connect the dots between situation and craving.

2. Learn Your Unique Craving Type

Are you a **Panic Craver** seeking comfort, a **Phantom Hunger** eater running on autopilot, or a **Fog Craver** whose brain is running on low fuel? Knowing your type helps you choose the right reset for the moment.

3. Interrupt the Loop Before It Takes Over

With the included **Reset Checklist**, you'll have quick, evidence-based actions that help stabilize energy and shift focus — without relying solely on willpower.

💡 **Quick Tip:** Most cravings fade in 15 minutes — if you know how to reset them.

👉 The Craving Control Protocol shows you the 3/3/3 method that stops cravings in under 5 minutes. [Get it here →](#)

How to Use This Guide

1. **Print it or save it to your phone** so it's always within reach.
2. **Track for 3 consecutive days** — even if you have slips (those moments reveal your strongest triggers).
3. **Be honest without judgment** — this is about learning your patterns, not perfection.
4. **Use the Reset Checklist** as soon as you log a craving to keep it from escalating.

This isn't about cutting all sugar overnight.

It's about proving to yourself — one craving at a time — that you can make a different choice and feel better because of it.


By the end of these 3 days, you'll know not just when cravings hit... You'll know **why they happen** and **how to respond effectively**.


Decode Your Craving Type


Why You Crave What You Crave

Everyone craves sugar — but we don't all crave it for the same reason. Which of these sounds most like you?



 **The Emotional Eater** “I reach for sweets when I’m overwhelmed, sad, or angry”

 **The Habitual Snacker** “I crave sugar at the same times every day — like after 3 pm”

 **The Energy Seeker** “I turn to sugar when I feel tired, foggy, or drained.”

 **The Reward Justifier** “Sugar feels like my treat after work, errands, or parenting.”

Check the one that hits home hardest. Now... what time of day does this craving usually hit?

- Morning (before 10 AM)
- Midday (11 AM–2 PM)
- Afternoon (3–6 PM)
- Evening (after dinner)
- Late Night

Craving Log: Track to Take Control

3-Day Craving Log Table



(Repeat 4 Rows for Each Day)

* *Triggers: Emotional, Habitual, Tired, Bored, Skipped Meal, Sugar Crash*

Time	What triggered it?	What did you crave?	What did you do?	How did you feel after?
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Looking at today... what pattern do you notice?

✍️ **Insight:** Tracking your cravings shows you when they hit. But what about *what to do in the moment?*

👉 That's where the **Craving Control Protocol** comes in – with quick fixes and step-by-step resets. [See the Protocol →](#)

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The Reset Checklist

(Print this page or save it to your phone — use it the moment cravings strike)

Step 1 — Hydrate Reset 💧

- Drink 12–16 oz of water.
- Wait 10 minutes before eating.
- **Why it works:** Dehydration can mimic hunger signals. Hydrating first prevents false cravings.

Step 2 — Protein Reset 🍳

- Eat 15–20g protein (examples: 2 boiled eggs, Greek yogurt, protein shake, beef jerky).
- **Why it works:** Protein triggers satiety hormones (GLP-1, PYY) that tell your brain you're satisfied..

Step 3 — Movement Reset 🚶

- 3–5 minutes of light activity (walk, squats, stair climb).
- **Why it works:** Movement spikes dopamine, resets stress hormones, and interrupts the craving loop.

Step 4 — Breath Reset 🧘

- Do the 4-7-8 technique: Inhale 4 seconds Hold 7 seconds Exhale 8 seconds
- Repeat 3–4 times.
- **Why it works:** This calms the nervous system, lowering stress-driven cravings.

Step 5 — Trigger Swap 🔄

- Replace the craving behavior with a quick dopamine “swap”:
- Listen to a favorite song
- Journal one line
- Text/call a friend
- **Why it works:** Sugar often fills an emotional gap. Swapping reinforces healthier coping.

You've Taken the First Step. Here's What's Next

You've just used the Craving Tracker + Reset Checklist to uncover the patterns behind your cravings. That's huge. Most people never take the time to spot the why behind the sugar rollercoaster. Now you've got clarity—and clarity is power.

But here's the truth:

- Awareness is only the first step.
- What you do with that awareness is what creates lasting change.

That's where the Craving Control Protocol comes in.

Why the Protocol Is the Next Logical Step

The Craving Control Protocol is designed to:

- Break the cycle of sugar spikes and crashes so cravings lose their grip.
- Rewire your habits with simple, science-backed strategies you can actually stick with.
- Rebuild your energy and focus—so you're not just surviving the day, but thriving through it.

You've tracked your cravings. You've reset the basics. Now it's time to take control with a proven system that shows you exactly what to do, step by step.

Imagine This:

- Instead of fighting your cravings every day, you know exactly how to calm them in minutes.
- Instead of feeling drained at 3PM, you're steady, focused, and energized.
- Instead of "starting over" every Monday, you have a protocol that keeps you on track.

This isn't about willpower—it's about having the right framework. And you've already proven you're ready for it.

Ready to Take Control?

Click below to unlock the Craving Control Protocol and move from tracking your cravings... to finally breaking free from them.



[Yes, I want the proven path to take control of my cravings once and for all](#)