

START HERE: Your Executive Reset Protocol Access Guide

1. Congratulations on Your Strategic Investment

Welcome to the **Executive Reset Protocol** System. You have secured a career-defining asset designed to eliminate cognitive decline and transform biological challenges into competitive advantages.

This is your complete toolkit. We recommend you save this folder to a secure, easy-to-access location on your primary computer.

2. Your Complete Toolkit (4-in-1 System)

Your download includes the following files. Please verify that all are present:

- **1. [STRATEGY]** WHEN_BIOLOGY_HIJACKS_YOUR_BOARDROOM.pdf (The main Ebook)
 - **2. [DATA]** DAILY_TRACKER.xlsx (Your Performance Measurement Tool)
 - **3. [PLANNING]** ENERGY_MAPPING_CALENDAR.xlsx (Your Strategic Scheduling Tool)
 - **4. [EXECUTION]** MEAL_PLANNER.xlsx (Your C-Suite Nutrition Template)
 - **5. [LEGAL]** License_Agreement.pdf (Your usage agreement)
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3. Your 3-Step Implementation Roadmap

Please follow this order to achieve maximum results:

STEP 1: Read the Strategy (30 Minutes)

Begin with the "**WHEN BIOLOGY HIJACKS YOUR BOARDROOM**" Ebook. Focus on the core principles and the **90-Second Reset Protocol** (Chapter 4). This provides the strategic overview necessary before implementing the tools.

STEP 2: Map Your Baseline

Open the **DAILY_TRACKER.xlsx**. Log your baseline performance (Energy, Clarity, Sleep) for the first 3 days. This data is crucial for identifying your unique "Red Zones."

STEP 3: Implement Your Protocol

Open the **ENERGY_MAPPING_CALENDAR.xlsx** and the **MEAL_PLANNER.xlsx**. Immediately integrate the quick-reference strategies and plan your high-stakes tasks to align with your peak performance windows.

4. Technical and Support Notes

- **Accessing Excel Files:** The tracking and planning tools are delivered in `.xlsx` format. To ensure full functionality, please open them using Microsoft Excel (recommended) or a compatible spreadsheet program like Google Sheets.
- **License:** This protocol is licensed for your individual, non-transferable use. Please refer to the `License_Agreement.pdf` file for full terms.
- **Support:** For any technical or download issues, please contact our dedicated support team immediately:
 - **Email:** support@vitalmenta.com

Your success is our mission. Start optimizing your performance today.

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