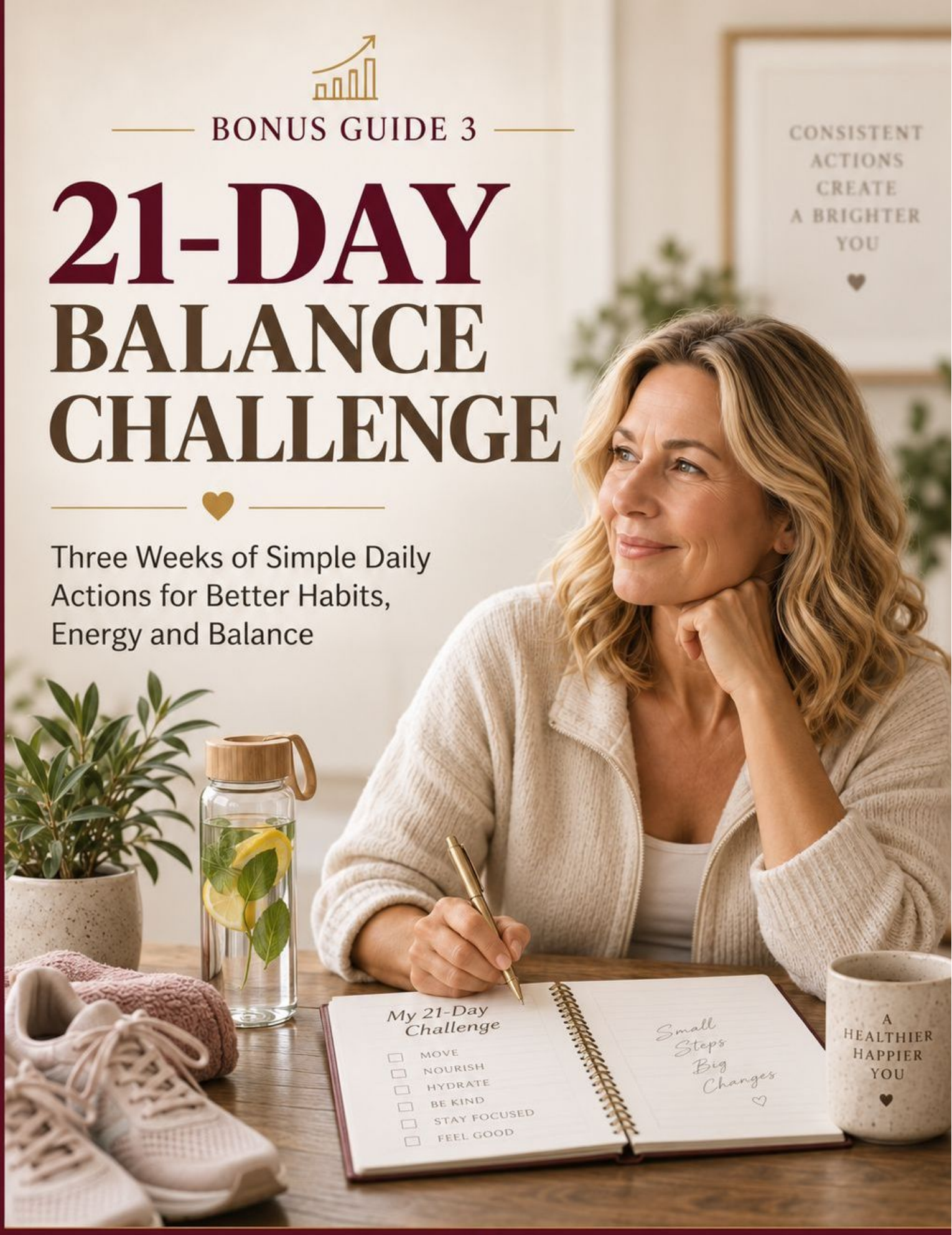
BONUS GUIDE 3

21-DAY BALANCE CHALLENGE

Three Weeks of Simple Daily Actions for Better Habits, Energy and Balance



SMALL STEPS, CONSISTENT ACTION, NOTICEABLE PROGRESS



Welcome to the 21-Day Balance Challenge

This is not a detox. It is not a diet. It is not a strict fitness programme. It is not a transformation challenge that demands perfection for 21 days. This guide exists for one reason: to help you practise small, practical health behaviours in a structured, encouraging and realistic way — so that you can build awareness, create momentum, and discover which daily habits genuinely support your wellbeing.

You do not need to change your entire life on Monday. You do not need to eliminate carbohydrates, train every day, buy expensive wellness products, or follow a complicated routine. What you need is simply to begin — with whatever time and energy you have today.

> This is a practice — not a test. There is no pass or fail. There is only continuing.

If you miss a day, you do not restart from Day 1. You simply continue with the next day. Missing one day does not undo your progress. Returning after a difficult day is itself a healthy habit. This challenge is built around the central philosophy of The Complete Balance Method™:

Small Actions

Simple daily steps that feel manageable even on difficult days.

Repeated Consistently

Regularity over intensity. Showing up matters more than perfection.

Create a Stronger Foundation

Lasting wellbeing is built layer by layer — not overnight.

Over the next three weeks, you will rotate gently through the eight pillars of The Complete Balance Method™: gut health, stress and cortisol, sleep and recovery, hormone health, nutrition, healthy weight and body composition, energy and movement, and practical daily routines. No single week focuses exclusively on one area — because your health does not work in isolation, and neither should your habits.

Remember: 21 days is not a scientifically guaranteed time to form a habit. Research shows that habit formation varies considerably between individuals and behaviours. This is simply a useful, structured period to practise, observe and build momentum.

Before You Begin — My Starting Point

Before you take a single action, take a moment to observe where you are right now. This self-reflection exercise is not a diagnostic tool and it is not a medical assessment. It is simply a snapshot of how you feel today — so that at the end of 21 days, you have something honest to compare against.

Rate each area from 1 to 10, where 1 means very poor and 10 means excellent. Be honest. There are no wrong answers here.

Energy

My current daily energy level

My score: _____ / 10

Sleep

Quality and consistency of my sleep

My score: _____ / 10

Digestion

How comfortable and consistent my digestion feels

My score: _____ / 10

Stress

How well I am managing daily stress (10 = very well managed)

My score: _____ / 10

Nutrition

How balanced and nourishing my meals generally are

My score: _____ / 10

Movement

How regularly and comfortably I move my body

My score: _____ / 10

Recovery

Whether I allow my body and mind enough rest and downtime

My score: _____ / 10

Daily Routine

How structured and supportive my daily habits feel

My score: _____ / 10

Overall Wellbeing

My general sense of health and vitality today

My score: _____ / 10

Why Am I Doing This Challenge?

Spend a few minutes with these questions — write freely and honestly. What do I want to improve over these 21 days? How do I want to feel at the end? What is frustrating me about my health or routines right now, and what would make this challenge feel worthwhile?

Which health area matters most to me right now? Choose **one primary intention** to anchor this challenge — for example: improve my energy, create better meal habits, move more consistently, sleep better, reduce daily stress, or support my digestion. Write your intention here:

My primary intention for this challenge:

_____

_____

The 5-Minute Rule — Your Most Important Strategy

Every challenge has difficult days — when you are tired, overwhelmed, or simply not feeling it. The most important principle in this entire guide is not a food, exercise, or sleep tip. It is this: **reduce the action — do not abandon the habit.**

On a difficult day, the goal is not to perform at your best — it is simply to show up. A smaller action still reinforces the behaviour and is infinitely more valuable than abandoning the routine entirely.

Instead of a 30-minute walk

Walk for 5–10 minutes. Around the block. Up the stairs. Outside for a breath of fresh air. It still counts.

Instead of a full strength session

Complete one short circuit. Five to ten minutes of bodyweight movement. You still showed up.

Instead of a perfectly balanced meal

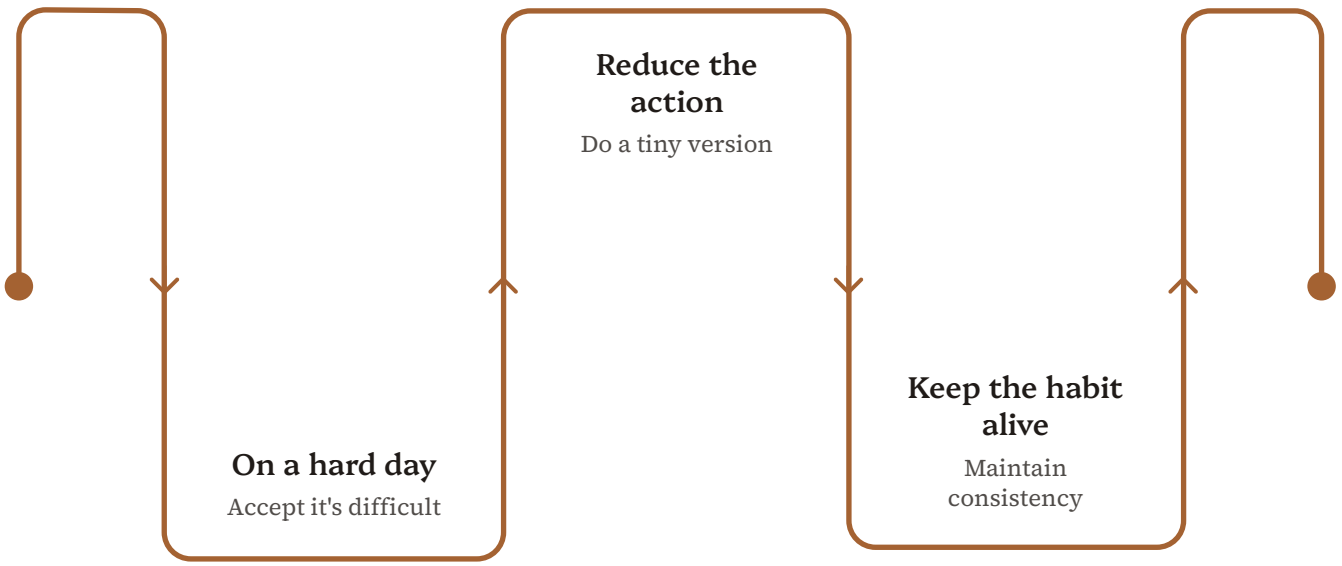
Make one simple, balanced choice. Eggs. Yoghurt and fruit. A good sandwich. That is enough.

Instead of a full journalling session

Write one sentence. Notice one thing. That is still reflection.

> You do not need more motivation. You need a plan that also works when motivation is low.

The 5-Minute Rule will reappear throughout this guide. Each daily challenge card will include a minimum version — a simplified action for the days when life gets in the way. Use it without guilt. Returning is always the right choice.

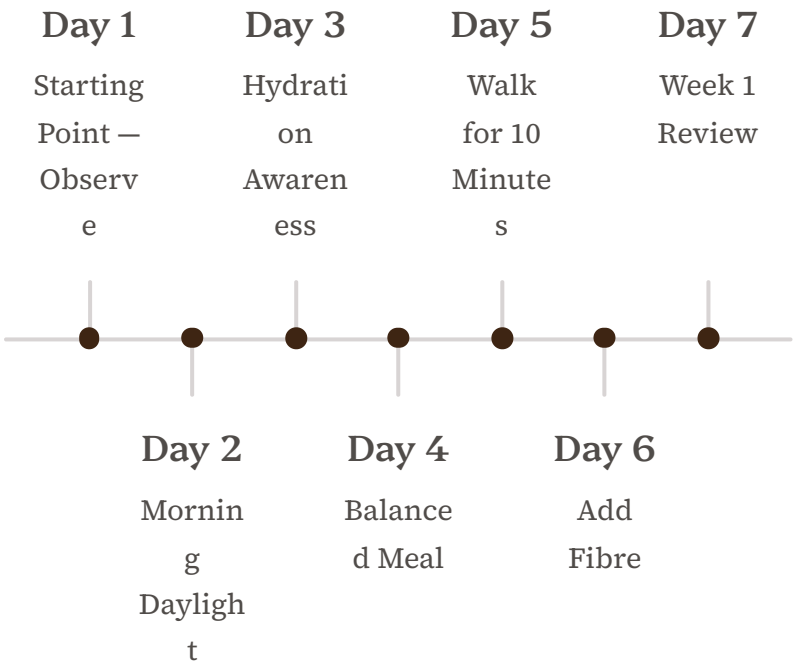


WEEK 1 — DAYS 1–7

Week 1 — Notice and Build the Foundation

Theme: Awareness Before Optimisation

The first week of this challenge is not about pushing yourself. It is about noticing. Before you can improve anything, you need to observe what is already happening. This week, your job is to pay gentle attention — to your energy, your digestion, your sleep, your movement, and your meals — without judgment and without pressure to change everything at once.



Each day this week introduces one simple, foundational behaviour. You are not expected to master any of them. You are simply practising — noticing how each action feels, which ones come naturally, and which ones reveal areas worth exploring further. This awareness is the most important output of Week 1.









Day 1 — Know Your Starting Point

Theme: Observe before you change

Today's action is the simplest of the entire challenge — and also one of the most important. Before changing anything, take time to notice what is actually happening in your body and your daily life right now. Most of us move through our days on autopilot, rarely pausing to observe our own patterns. Today, you slow down and look.

Today's Action

Complete your personal starting-point assessment on page 3 if you have not done so already. Then, during the day, simply notice the following areas without trying to change them:

- Your energy — morning, afternoon and evening
- Your digestion — comfort, consistency
- Your sleep from last night
- Your stress level today
- How and what you eat
- How much you move

Daily Reflection

What area of my health needs the most attention right now?

Write freely below. You might notice more than one area — that is fine. For today, simply observe without pressure.

_____

_____

_____

5-Minute Version

Read through the starting-point scores you gave yourself and write one honest sentence about how you feel today.

- [ ] I completed my starting-point scores today.
- [ ] I noticed my energy, digestion and stress without trying to fix them.
- [ ] I wrote down the area that needs the most attention.



Day 2 — Morning Daylight

Theme: Light as a daily signal

Your body uses light as one of its most important timing signals. Exposure to natural daylight in the morning — even on a cloudy day — helps your internal clock recognise what time of day it is. This influences alertness, mood, and later in the day, your ability to wind down for sleep. It is a simple, free, and often overlooked habit.

Today's action is straightforward: spend at least five to ten minutes outdoors, or near natural daylight, shortly after waking — whenever this is practical for you. You do not need to sit in direct sunlight. A short walk to collect the post, drinking your morning tea near a window, or standing in the garden for a few minutes all count.

Today's Action

Within an hour or two of waking, spend at least five minutes in or near natural daylight. No screens required. No special equipment needed.

5-Minute Version

Open a window, step outside for two minutes, or sit near your brightest window while having your first drink of the day.

Daily Reflection

How did I feel after getting outside or near natural light this morning?

_____

_____

Did I notice any difference in my alertness or mood compared with days when I stay indoors?

_____

_____

- [ ] I spent time near natural daylight this morning.
- [ ] I noticed how it affected my energy or mood.



Day 3 — Hydration Awareness

Theme: Make hydration easier

Fluid needs vary between individuals depending on body size, activity levels, the temperature, and the foods you eat. Prescribing a universal number of litres for every person is an oversimplification. What matters more is building awareness of your own hydration habits — and making it easy to drink regularly throughout the day.

Rather than counting glasses or litres, pay attention to your body's signals today. Thirst is one indicator, though it can sometimes be delayed. Urine colour is a useful rough guide — pale yellow generally indicates reasonable hydration, while darker yellow may suggest you need more fluid. Notice also how your energy and focus feel when you have been well hydrated versus when you have not.

1

Keep fluids accessible

Place a glass or bottle where you will see it throughout the day — your desk, the kitchen counter, beside your chair.

2

Notice your thirst

Pay attention to thirst signals during the day. Drink before you feel uncomfortably thirsty when possible.

3

Observe urine colour

Pale yellow is a reasonable rough indicator. This is not a medical test — just a simple daily observation tool.

4

Consider what else counts

Water-rich foods (fruits, vegetables, soups) contribute to your fluid intake. Herbal teas and water-based drinks all count.

- [ ] I kept water or fluids easily accessible today.
- [ ] I noticed my thirst signals and responded to them.
- [ ] I paid brief attention to my urine colour as a rough guide.



Day 4 — Build One Balanced Meal

Theme: The balanced meal formula

Today you are going to build one meal using a simple, practical formula from The Complete Balance Method™. This formula is not a strict rule — it is a flexible guide that helps you create meals that are satisfying, nutritious, and sustainable. You do not need to apply it to every meal today. Just one.

This formula works because it combines the key elements your body needs at each meal — protein to support satiety and muscle, carbohydrates to provide energy, fats to support hormones and absorption, and vegetables or fruit to supply fibre, vitamins, and minerals. When these components come together regularly, they create a pattern of eating that sustains energy, reduces cravings, and supports long-term health without the need for restriction.

There is no expectation of perfection here. Some meals will look exactly like the formula; others will be close but not quite. Both are fine. The goal is not to hit every category every time — it is to gradually build an instinct for what a nourishing meal feels like, so that balance becomes second nature rather than a calculation.

Within The Complete Balance Method™, this formula is one of the foundational tools. It sits alongside the hydration awareness from yesterday, the movement principles you will explore later, and the mindset work woven throughout the programme. Together, these elements are designed to support one another — so that small, consistent changes compound over time into a genuinely sustainable way of living.

Protein

Eggs, fish, chicken, tofu, legumes, yoghurt, cottage cheese, meat

Vegetables or Fruit

Any variety you enjoy. Fresh, frozen, roasted, raw — all count.

Fibre-Rich Carbohydrate

Whole grains, oats, potatoes, legumes, wholegrain bread or pasta

Healthy Fat

Olive oil, avocado, nuts, seeds, oily fish, full-fat dairy in moderation

Day 4 — Today's Action & Reflection

This formula is explored in more depth in the companion guide 30 Healthy Meal Formulas. The goal today is simply to build one meal that includes all four components — using foods you enjoy and already have available. This is not about eating perfectly. It is about noticing what a more balanced meal looks and feels like.

Today's Action

Choose one meal — breakfast, lunch or dinner — and build it using the four-component formula above. Use ingredients you already have. Keep it simple.

5-Minute Version

Add one missing component to a meal you were already planning. If lunch is just bread and cheese, add some vegetables or fruit.

Daily Reflection

Which part of my meal was easiest to improve?

_____
_____
_

Which component is hardest for me to include regularly?

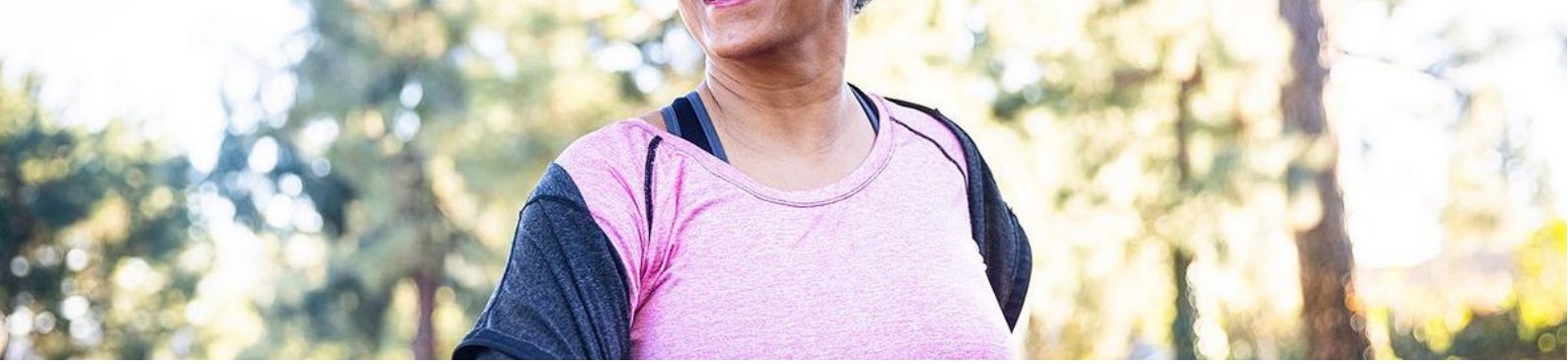
_____
_____
_

How did the meal feel — satisfying, energising, too heavy?

_____
_____
_

- [ ] I built one balanced meal using the four-component formula today.
- [ ] I reflected on which components come most naturally to me.





Day 5 — Walk for 10 Minutes

Theme: Movement does not need to be a workout

Today's action is simple: take at least one intentional walk of ten minutes or more. This does not need to be a fitness walk. It does not need to happen in activewear. It is simply a deliberate choice to move your body and step away from wherever you are sitting.

Walking after meals has been shown in some research to have modest positive effects on blood sugar responses. Walking outdoors may contribute to mood and stress management. Walking during a break can help with focus and mental clarity. But even without any of these specific benefits, walking is one of the most accessible, sustainable forms of movement available — and ten minutes absolutely counts.

Morning Walk

Combine with your morning daylight habit from Day 2. Two habits, one action.

After Lunch

A short post-meal walk is a practical way to break up a long period of sitting.

After Dinner

An evening walk is a gentle way to transition from the day and support your wind-down routine.

During a Work Break

Step away from your desk. Even a short walk through a building or around a block counts.

- [ ] I took at least one intentional 10-minute walk today.
- [ ] I noticed how my energy or mood felt before and after.

5-Minute Version: Walk for five minutes. Outside your front door and back. Around your building. Anywhere. It still counts.

Day 6 — Add One Fibre-Rich Food

Theme: Supporting gut health, one meal at a time

Fibre is one of the most consistently supported dietary components in nutrition research. It plays a role in digestive health, feeds beneficial gut bacteria, supports satiety, and contributes to overall health in several ways. Yet most adults in Western countries eat less fibre than is generally recommended. Today's action is simply to add one fibre-rich food to your day.

The companion book *Healthy Gut, More Energy* explores the relationship between gut health, the microbiome, and overall wellbeing in much greater depth. For today, you simply need to identify one food and include it at some point during the day. If you are new to higher-fibre eating, it is worth increasing gradually — adding too much too quickly can cause digestive discomfort. Drink plenty of fluids alongside fibre-rich foods.

Vegetables

Broccoli, carrots, spinach, courgette, onion, garlic, leeks, artichokes, peas, green beans

Fruit

Apples, pears, berries, bananas, kiwi, oranges — especially with the skin where edible

Legumes

Lentils, chickpeas, kidney beans, black beans, butter beans, edamame

Whole Grains

Oats, wholegrain bread, brown rice, quinoa, whole wheat pasta, barley

Nuts and Seeds

Almonds, walnuts, flaxseeds, chia seeds, sunflower seeds, pumpkin seeds

Today's Action

Add ONE fibre-rich food that you tolerate well and genuinely enjoy. Add it to a meal you are already planning. Keep it simple and realistic.

Daily Reflection

Which fibre-rich food did I add today?

_____

How did my digestion feel throughout the day?

_____

- [ ] I added one fibre-rich food to my day.
- [ ] I noticed how my digestion responded.



Day 7 — Week 1 Check-In

Week 1 Review — Well done for showing up this week

You have completed your first seven days. Take fifteen to twenty minutes today to reflect honestly on how the week went. This review is one of the most valuable parts of the entire challenge — because it helps you understand which habits are already working for you, and which areas need a different approach. There are no right or wrong answers here.

What went well this week?

_____
_____

_____
_____

What felt difficult or unrealistic?

_____
_____

_____
_____

Which habit was easiest to practise?

_____
_____

_____
_____

Which habit helped me most?

_____
_____

_____
_____

What surprised me?

_____
_____

_____
_____

What will I carry into Week 2?

_____
_____

_____
_____

Week 1 Scorecard

Rate each area from 1–10 after this first week. Do not compare these with your Day 1 scores yet — simply notice where things stand right now.

Energy

Rate 1–10

Sleep

Rate 1–10

Digestion

Rate 1–10

Stress

Rate 1–10

- [ ] I completed my Week 1 written review.
- [ ] I filled in my Week 1 scorecard.
- [ ] I identified at least one habit to carry into Week 2.





WEEK 2 — DAYS 8–14

Week 2 — Strengthen Your Routine

Theme: Build, Do Not Overload

You have built awareness in Week 1. Now it is time to strengthen what you started. Week 2 introduces new habits while encouraging you to continue the ones from last week that resonated most. This is not about doing more — it is about doing consistently. Adding too many new habits at once is one of the most common reasons healthy routines collapse. This week, choose progress over perfection.

Week 2 is not a fresh start — it is a continuation. Everything you observed, practised, and noticed about yourself in Week 1 forms the foundation for what comes next. Rather than setting aside what you tried and beginning again, you are building directly on those early efforts. The habits that felt natural, the moments that went well, the small wins you recorded — these are your starting point, not your warm-up.

Consistency is the most underrated health strategy there is. A ten-minute walk done every day will always outperform a two-hour workout done once. This week, resist the urge to push harder or add more simply because you feel motivated. Instead, focus on showing up — again and again, in small and sustainable ways. It is repetition, not intensity, that rewires your habits and makes healthy choices feel effortless over time.

This week introduces a handful of new daily challenges designed to expand your routine in manageable steps. At the same time, you are encouraged to look back at your Week 1 habits and identify which ones resonated most with you. Those are the ones worth carrying forward. You do not need to do everything — you need to keep doing the things that work for you.

Day 8 — Protein Anchor

Day 9 — Screen-Free Meal

Day 10 — Stress Reset

Day 11 — Colour Challenge

Day 12 — Strength Matters

Day 13 — Caffeine Review

Day 14 — Week 2 Review



Day 8 — Add a Protein Anchor

Theme: Protein becomes increasingly important with age

Protein is essential for muscle maintenance, satiety, metabolic function, and overall wellbeing — especially from midlife onwards. As we age, preserving muscle mass becomes increasingly critical for strength, mobility, and body composition. Yet many women significantly undereat protein, particularly at breakfast and lunch.

Today's focus is not about hitting a specific gram target. Protein needs vary between individuals based on body size, activity level, health status, and age. The simple action today is to look at ONE of your meals and ensure it includes a clear, recognisable protein source. This is your "protein anchor" — the foundation around which the rest of the meal is built.

Animal Sources

Eggs, Greek yoghurt, cottage cheese, chicken, turkey, fish, salmon, tuna, prawns, lean beef, pork, dairy

Plant Sources

Lentils, chickpeas, black beans, edamame, tofu, tempeh, soya milk, protein-rich whole grains

Combined Sources

Many meals naturally combine sources — rice and beans, yoghurt with nuts, eggs with wholegrain toast

Today's Action

Choose ONE meal today and ensure it includes a clear protein source. Notice how satisfied you feel after the meal and how your energy holds up in the following hours.

Daily Reflection

Which protein sources are easiest for me to use regularly?

_____

How satisfied did I feel after a protein-anchored meal?

_____

- [ ] I included a clear protein source in at least one meal today.
- [ ] I noticed how satiety and energy responded.



Day 9 — Eat One Meal Without Screens

Theme: Less distraction, more awareness

How we eat can matter as much as what we eat. Eating while distracted — scrolling, watching television, working at a computer — makes it harder to notice hunger and fullness signals, to enjoy flavour, and to recognise when we have had enough. This is not about creating rigid mindful eating rules for every meal. It is simply an invitation to experience one meal today with fewer distractions.

Today's Action

Choose ONE meal — it does not need to be a formal occasion — and eat it without a phone, television or computer. Sit down if possible. Notice the taste, texture and temperature of your food. Notice when you start to feel comfortably full. If your mind wanders, that is completely normal. Simply return your attention to the meal.

5-Minute Version

Put your phone face down for the first five minutes of one meal. That is enough for today.

Daily Reflection

Did I notice anything different about this meal — the taste, my satisfaction, or my awareness of fullness?

_____

_____

Is distracted eating a habit I would like to change?

_____

_____

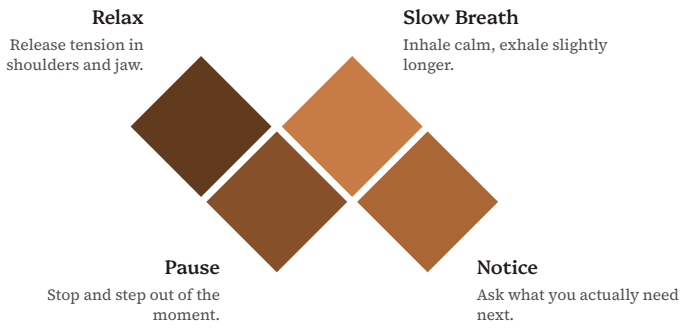
> Mindful eating at every meal is an aspiration, not a requirement. One screen-free meal a day is a realistic and meaningful place to start.

- [ ] I ate one meal without screens today.
- [ ] I noticed how the experience felt compared with my usual mealtime habits.

Day 10 — The Two-Minute Stress Reset

Theme: A small pause can change the direction of your day

The Two-Minute Stress Reset is a simple, evidence-informed practice drawn from principles explored in *Cortisol Reset*. Chronic, unmanaged stress contributes to elevated cortisol levels, which over time can affect sleep, digestion, energy, mood, and metabolic health. This brief practice does not eliminate stress — and it is not a medical treatment — but it creates a momentary pause that can interrupt an escalating stress response and help you re-orient.



You can use this practice at any point during the day when you feel overwhelmed, reactive, or scattered. Between meetings. Before a difficult conversation. When stress is building but there is no immediate solution available. The goal is simply to interrupt automatic stress patterns and return to a calmer baseline. Practise it once today — and notice what happens.

- [ ] I practised the Two-Minute Stress Reset at least once today.
- [ ] I noticed how I felt before and after.
- [ ] I identified one moment in my day when I could use this regularly.





Day 11 — The Vegetable Colour Challenge

Theme: Variety supports a broader range of nutrients

Different coloured plant foods provide different vitamins, minerals, antioxidants, and phytochemicals — so eating a variety of colours is a simple way to broaden your nutritional intake without tracking individual nutrients. Today's challenge: include at least two different colours of vegetables or fruit.

This is simply an awareness exercise — not a rigid daily rule. Notice how many colours you typically include, and how easy it might be to add one or two more. Red, orange, yellow, green, purple, white — all varieties count, including frozen vegetables and tinned fruit in natural juice.

Red and Pink

Tomatoes, red peppers, strawberries, raspberries, red cabbage, watermelon, beetroot

Orange and Yellow

Carrots, sweet potato, butternut squash, mango, apricots, yellow pepper, corn

Green

Broccoli, spinach, courgette, peas, kale, green beans, cucumber, avocado, kiwi

Purple and Blue

Aubergine, blueberries, red grapes, plums, purple cabbage, blackberries

Today's Action

Add at least two different colours of vegetables or fruit across your meals today. Write down which colours you included below.

Colours I included today

Colour 1: _____

Colour 2: _____

Colour 3 (bonus): _____

How many colours do I typically include?

_____

☐ I included at least two different coloured vegetables or fruits today.



Day 12 — Strength Matters

Theme: Healthy ageing needs strength, not just a lower number on the scale

Resistance exercise — sometimes called strength training — is one of the most well-supported forms of physical activity for long-term health, especially from midlife onwards. It helps maintain and build muscle mass, supports bone density, contributes to metabolic health, improves functional strength, and can support mood and confidence. Yet many women approaching or past 40 avoid it, either because they associate it with heavy gym equipment or because they feel uncertain where to start.

Today's action is not an intense workout. It is simply an invitation to perform some form of resistance-based movement that is appropriate for your current ability and physical condition. There is no universal prescription here. People with existing medical conditions, injuries, or joint problems should choose appropriate low-impact options or seek guidance from a qualified professional before adding resistance training.

Bodyweight Exercises

Squats, wall push-ups, step-ups, lunges, bridges — no equipment needed. Adjust the difficulty to your ability.

Resistance Bands

Versatile, affordable, and easy to use at home or when travelling. Suitable for many fitness levels.

Weights or Machines

Free weights or gym machines if accessible. Always prioritise form over the amount of weight used.

Yoga or Pilates

Classes with a strength focus can provide meaningful resistance work, particularly for those new to training.

- [ ] I completed some form of resistance or strength-based movement today.
- [ ] I chose an activity appropriate to my current ability and health status.



Day 13 — Review Your Caffeine

Theme: Awareness without prohibition

Caffeine is not the enemy. Coffee, tea, and other caffeinated drinks are enjoyed by millions of people worldwide and have been associated with various health effects — both positive and neutral — in research. Today's action is not to tell you to stop drinking caffeine. It is to encourage you to observe your personal relationship with it, and to notice whether your current caffeine habits may be affecting your sleep, energy patterns, or stress levels.

Reflection Questions

How much caffeine do I typically consume each day?

At what times do I usually have it?

Does afternoon caffeine appear to affect my sleep quality or time to fall asleep?

Am I using caffeine primarily to manage chronic tiredness — and if so, what is driving that tiredness?

Do I experience energy crashes that I manage with caffeine?

Today's Action

Observe your caffeine timing today without necessarily changing it. If you currently drink caffeine after 2–3pm and you have noticed poorer sleep quality, you might experiment with moving your last caffeinated drink earlier — not as a rule, but as an observation. Choose a non-caffeinated option in the afternoon if you would like to try this today.

Notes

_____

_____

_____

- [ ] I observed my caffeine timing and quantity today.
- [ ] I noticed any connection between caffeine and my sleep or energy patterns.

Day 14 — Week 2 Check-In

Week 2 Review — You are halfway through

Two weeks complete. Reflect honestly and without judgment — what is easier, what still creates resistance, and where have you noticed genuine change?

What habits am I already repeating?

What is getting easier?

What still creates resistance?

Has my energy changed at all?

Has my stress changed?

Which action will I continue into Week 3?





Week 2 Progress Tracker

Place a tick next to each habit you practised at least once during Week 2. You do not need a perfect score. You need an honest one.

- [ ] Morning daylight
- [ ] Hydration awareness
- [ ] Balanced meal formula
- [ ] Walking
- [ ] Fibre-rich food
- [ ] Protein anchor
- [ ] Screen-free meal
- [ ] Two-minute stress reset
- [ ] Vegetable colour variety
- [ ] Strength training or resistance movement
- [ ] Caffeine observation

WEEK 3 — DAYS 15–21

Week 3 — Personalise and Integrate

Theme: Turn Actions Into Your Routine

Week 3 is about you specifically. Not a generic plan. Not a universal prescription. You have now practised fourteen different health behaviours. You have observed which ones resonate, which ones feel natural, and which ones make a noticeable difference to your energy, digestion, sleep or mood. This week is your opportunity to take what works and begin building it into the structure of your real, everyday life.

Day 15 — Better First Meal

Day 16 — Healthier Environment

Day 17 — Evening Routine

Day 18 — Walk + Connect

Day 19 — Emergency Meals

Day 20 — Recovery Check

Day 21 — Your Balance Plan

This week, the challenge cards will also ask you to think beyond the 21 days. What happens on Day 22? Day 30? In three months? The goal is not to complete a challenge — it is to extract from this experience a small set of habits that genuinely belong in your life going forward. That process begins this week.





Day 15 — Build a Better First Meal

Theme: Improve what you already eat

Your first meal of the day — whether that is breakfast at 7am or a late morning meal at 11am — has a meaningful effect on your appetite, energy, and food choices throughout the rest of the day. This challenge does not prescribe that breakfast is mandatory for everyone. Eating windows and meal timing vary between individuals. What matters is the quality of your first meal, whenever that is.

Rather than replacing your current first meal with something unrecognisable, today's action is to improve one element of what you are already eating or planning. This is entirely in line with the approach of *30 Healthy Meal Formulas* — work with what you have, and make it slightly more balanced.

Add Protein

If your breakfast is usually just toast or cereal, add eggs, yoghurt, cottage cheese, nuts, or seeds.

Add Fibre

Swap refined white bread for wholegrain. Add oats. Include a portion of fruit. Add ground flaxseed to yoghurt.

Add Vegetables

Spinach in scrambled eggs. Tomatoes alongside. Cucumber and avocado with a wrap. Vegetables at breakfast are entirely valid.

Prepare Ahead

If mornings are rushed, prepare overnight oats, a yoghurt bowl, or a simple egg-based meal the evening before.

- [ ] I improved at least one element of my first meal today.
- [ ] I noted which improvement was easiest and most realistic for regular use.

Day 16 — Create a Healthier Environment

Theme: Make your healthier choice easier

Your environment shapes your behaviour far more powerfully than willpower alone. Research in behavioural science consistently shows that when healthy choices are more accessible, visible, and convenient, people make them more often — not because of increased motivation, but because of reduced friction. Today's action is to make one small change to your physical environment that supports a healthier behaviour.

Today's Action

Choose ONE environmental change. Make it today. It does not need to be dramatic.

- Place a bowl of fruit on the kitchen counter where you will see it
- Prepare a container of cut vegetables and put it at the front of the fridge
- Keep a glass or water bottle on your desk or work surface
- Put your walking shoes near the door
- Prepare tomorrow's lunch tonight
- Move distracting snack foods to a less visible location — not because they are "bad", but simply to reduce automatic reaching

Daily Reflection

How can I make my healthier choice easier?

The environmental change I made today:

_____

What effect do I think this will have on my routine?

_____

_____

What other environmental changes could I make this week?

_____

_____

> You do not need more discipline. You need an environment that makes the healthy choice the easy choice.

- [ ] I made one specific environmental change to support a healthier behaviour today.
- [ ] I reflected on how environment influences my daily choices.

Day 17 — Support Your Evening

Theme: Sleep begins before you go to bed

Sleep quality is strongly influenced by what happens in the hour or two before you go to bed. Bright lights, stimulating screens, stressful conversations, heavy food, and a busy mind all contribute to a later, lighter, or more disrupted sleep. Today's challenge is to choose one small change to your evening that supports a better transition into rest and recovery.

This is not a demand for a perfect bedtime routine with fifteen steps. A realistic evening wind-down might be as simple as dimming the lights thirty minutes earlier, stopping work-related activity before bed, or keeping a more consistent bedtime — even by just fifteen or twenty minutes. Small, consistent improvements to sleep are far more valuable than dramatic changes that last only a few days.

Reduce Stimulation

Lower screen brightness, switch to quieter activities, avoid emotionally stimulating content late in the evening.

Stop Work Earlier

Create a clear mental and physical separation between work or admin tasks and your personal evening time.

Prepare for Tomorrow

Laying out clothes, preparing food, or planning the next day can reduce morning stress and racing thoughts at night.

Dim the Lights

Brighter artificial light in the evening can interfere with the body's natural wind-down signals. Dimmer, warmer lighting supports this transition.

Keep a Consistent Bedtime

Even approximately consistent sleep and wake times support better sleep quality over time.

Create a Relaxing Ritual

Reading, a warm bath or shower, light stretching, or a calming herbal tea can all signal to the body that it is time to rest.

- [ ] I chose one specific evening change and practised it tonight.
- [ ] I noted how this affected my sleep quality or ease of falling asleep.



Day 18 — Walk and Connect

Theme: Health includes your social world

Today's challenge combines movement with one of the most consistently undervalued aspects of health: social connection. Research across multiple fields suggests that meaningful social relationships are associated with better physical and mental health outcomes over time. Loneliness and social isolation, conversely, are associated with a range of negative health outcomes. Social connection is not a luxury — it is a genuine component of wellbeing.

Today, your walk has an additional element. Take it with someone — a friend, a partner, a neighbour, a colleague — or use the time to call someone you care about. This is not a competitive walk. There is no distance target, no pace requirement. It is simply movement combined with human connection, two health-supporting behaviours in one action.

Today's Action

Take a walk of any length — even ten minutes — and combine it with one of the following:

- Walk with a friend, partner or family member
- Call someone you enjoy speaking with during your walk
- Walk with a pet and be fully present in the experience
- Walk alone and use the time to reflect on the people in your life

Daily Reflection

How did it feel to walk with connection or company today?

_____

_____

Which relationships in my life support my health and wellbeing?

_____

_____

☐ I took a walk today and combined it with connection or conversation.

Day 19 — Your "No Time to Cook" Plan

Theme: Plan for the difficult days, not just the ideal ones

The most realistic healthy eating strategy is not the one that works when you have plenty of time, energy, and inspiration. It is the one that works when you are tired, rushed, and have nothing obvious prepared. Today, you are going to create your personal list of three "emergency balanced meals" — simple, quick, accessible options that you can rely on when the day has not gone to plan.

These meals draw on the principles from both *The Balance Shopping List* and *30 Healthy Meal Formulas*. They do not need to be elaborate. They need to be achievable. Each should include a reasonable protein source, some vegetables or fruit, and a fibre-containing carbohydrate when possible. Look at the examples below and then choose or create your own three.

Option A — Example

Eggs scrambled or fried + frozen vegetables heated quickly + wholegrain toast or pitta bread

Option B — Example

Tinned fish (sardines, tuna, salmon) + cooked or microwave potatoes + a simple green salad

Option C — Example

Greek yoghurt + oats + a handful of fruit + a small handful of nuts or seeds



My 3 Emergency Balanced Meals

My Emergency Meal 1:

What:

_____

Protein source:

_____

Vegetables or fruit:

_____

My Emergency Meal 2:

What:

_____

Protein source:

_____

Vegetables or fruit:

_____

My Emergency Meal 3:

What:

_____

Protein source:

_____

Vegetables or fruit:

_____

- [ ] I identified my 3 personal emergency balanced meals.
- [ ] I checked that the ingredients for at least one of them are currently at home.





Day 20 — The Recovery Check

Theme: Rest is not the opposite of progress — it is part of progress

In a culture that frequently celebrates busyness and productivity, rest is often the last thing people prioritise. Yet recovery is not optional. Without adequate rest and downtime, the body cannot repair tissue, consolidate memories, regulate hormones effectively, or sustain a healthy immune response. Both sleep and deliberate waking rest are essential components of a balanced health routine.

Today's reflection is not about whether you are doing enough. It is about honestly noticing whether recovery features in your life at all — and if not, what one small change might create a little more space for it.

Sleep

Am I sleeping enough for my personal needs? Do I wake feeling rested, or consistently unrefreshed?

My honest answer: _____

Downtime

Do I create intentional periods of rest during the day — or am I in constant motion or multitasking?

My honest answer: _____

Exercise Recovery

If I exercise regularly, am I allowing sufficient rest between sessions? Or am I training through fatigue?

My honest answer: _____

Mental Rest

Do I allow myself time that is not productive, planned, or purposeful? Do I permit moments of stillness?

My honest answer: _____

My Recovery Activity Today

Today's Action

Create one deliberate recovery period today. This might be a twenty-minute rest after lunch, an hour of reading without any screens, a gentle walk without listening to anything, a short nap if you are genuinely sleep-deprived, or simply sitting quietly without an agenda. Name it a recovery activity — and treat it as equally important as any other health behaviour.

My recovery activity today

What I chose:

_____
_____
_

When I did it:

_____
_____
_

How it felt:

_____
_____
_

- [ ] I completed one deliberate recovery activity today.
- [ ] I reflected honestly on whether recovery features adequately in my regular routine.





Day 21 — Your Personal Balance Plan

The most important day of the challenge

Congratulations on reaching Day 21. Today is not the end of your health journey — it is a deliberate pause to take stock of what you have learned, what has helped, and what you genuinely want to continue. Do not rush through this section. Give yourself at least twenty to thirty minutes of quiet time to reflect and plan honestly.

Day 21 marks a transition, not a finish line. The structured challenge provided a framework — a daily prompt, a defined focus, an external nudge to pay attention. From here, that structure falls away and something more sustainable must take its place: your own intentional practice, shaped by your own values and your own life. This is the shift from following a programme to owning one.

Before you look forward, it is worth looking back — and doing so honestly. Not every habit will have resonated. Some may have felt genuinely useful, slotting naturally into your days and leaving you noticeably better for having done them. Others may have felt forced, impractical, or simply not relevant to where you are right now. Both responses are valid information. The habits that helped are the ones worth keeping. The ones that felt like obligation are worth setting aside without guilt.

Research on behaviour change is clear on one point: consistency with a small number of habits outperforms sporadic effort across many. Trying to maintain all 21 practices simultaneously is not a health plan — it is a recipe for overwhelm and eventual abandonment. Choosing five habits that genuinely fit your life, and practising them reliably, will produce far greater and more lasting benefit than stretching yourself thin across the full list.

The habits you identify today become your foundation. They can carry you forward independently, guiding your choices without the need for a daily prompt. They can serve as a baseline to return to if life becomes demanding and simpler anchors are needed. And they can inform how you engage with companion guides or future iterations of this challenge — giving you a clearer sense of where you are already strong and where further exploration might be worthwhile.

> The goal is not to maintain all 21 habits forever. The goal is to choose five that genuinely belong in your life — and commit to practising them with consistency.

Choose My 5 Core Habits

Review the 21 days. Which five habits helped you most — or which five would you most like to continue? Write them below. There are no correct choices. Only your choices.

Core Habit 1:

What:

_____
_____

When:

_____
_____

How often:

_____
_____

My minimum version on a difficult day:

_____
_____

Core Habit 2:

What:

_____
_____

When:

_____
_____

How often:

_____
_____

My minimum version on a difficult day:

_____
_____

Core Habit 3:

What:

_____
_____

When:

_____
_____

How often:

_____
_____

My minimum version on a difficult day:

_____
_____

Core Habit 4:

What:

_____
_____

When:

_____
_____

How often:

_____
_____

My minimum version on a difficult day:

_____
_____

Core Habit 5:

What:

_____
_____

When:

_____
_____

How often:

_____
_____

My minimum version on a difficult day:

_____
_____

Consistency does not require the same effort every day. Defining a minimum version for every habit means you have a plan for difficult days — not just ideal ones.

My 21-Day Final Review

Honest reflection — no judgment required

Use these questions as a genuine reflective exercise. Write freely. Some answers may surprise you. Some areas may not have changed at all — and that is honest and valid information too. The purpose is not to evaluate your performance. It is to build self-knowledge that supports better decisions going forward.

How do I feel compared with Day 1?

_____
_____

_____
_____

What genuinely improved?

_____
_____

_____
_____

What did not change — and what might that tell me?

_____
_____

_____
_____

Which habit had the greatest positive effect on my daily life?

_____
_____

_____
_____

Which habit felt unrealistic or did not suit my lifestyle?

_____
_____

_____
_____

Which habits do I genuinely enjoy?

_____
_____

_____
_____

What deserves professional attention?

If any symptoms, concerns or questions arose during these 21 days that you feel require medical input, please seek appropriate professional support.

_____
_____

Before and After Self-Assessment

Return to the scores you gave yourself on Day 1. Now rate each area again — honestly. This is an informal personal reflection, not scientific measurement or medical diagnosis. Do not inflate scores to feel better about the experience, and do not minimise genuine progress.

Area	Day 1 Score	Day 21 Score
Energy	___ / 10	___ / 10
Sleep	___ / 10	___ / 10
Digestion	___ / 10	___ / 10
Stress	___ / 10	___ / 10
Nutrition	___ / 10	___ / 10
Movement	___ / 10	___ / 10
Recovery	___ / 10	___ / 10
Daily Routine	___ / 10	___ / 10
Overall Wellbeing	___ / 10	___ / 10



The 21-Day Challenge Calendar

Your at-a-glance overview — track every day

Use this calendar to keep track of your progress throughout the challenge. Place a tick in the box next to each day as you complete it. If you miss a day, simply continue with the next one. There is no need to restart.

Week 1 — Foundation

1

2

3

4

5

6

Week 2 — Strengthen

7

8

9

10

11

12

13

Week 3 — Personalise

14

15

16

17

18

19

20

> Miss a day? Continue with the next one. Health is built by returning, not by restarting.



The Complete Balance Habit Tracker

Reusable weekly tracking — choose only the habits relevant to you

This tracker is designed to be used beyond the 21 days. You do not need to track every habit listed below. Select only the habits you have chosen as your five core habits — or any additional habits you would like to maintain. Tracking is a tool to support awareness, not a requirement for success.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning daylight							
Hydration							
Balanced meal							
Vegetables or fruit							
Fibre-rich food							
Protein at meals							
Walking							
Strength training							
Two-minute stress reset							
Evening wind-down							

Copy or print this page for use each week. Mark your chosen habits with a tick, a dot, or any symbol that works for you. Use it as a weekly check-in tool alongside your weekly review questions on the following page.



Your Weekly Balance Check-In

A reusable review for every week beyond Day 21

This weekly review is designed to be used indefinitely after the challenge ends. Block fifteen minutes at the end of each week — Sunday evening, Monday morning, or any time that suits your routine — and work through these ten questions. This is how consistency is maintained: not by willpower alone, but by regular, structured self-reflection.

1

Energy

How was my energy this week overall? Any patterns worth noting?

_____
_____

2

Sleep

How was my sleep quality and consistency?

_____
_____

3

Digestion

How comfortable and consistent was my digestion?

_____
_____

4

Stress

How did I manage stress this week? Did I use my reset practice?

_____
_____

5

Nutrition

How well did I eat this week? Which meals worked well?

_____



Your Weekly Balance Check-In (continued)

1

Movement

Did I walk regularly? How many times?

_____
_____

2

Strength Training

Did I include any resistance or strength-based activity this week?

_____
_____

3

Recovery

Did I allow sufficient rest and downtime?

_____
_____

4

What Worked?

What habit or decision had the most positive impact this week?

_____
_____

5

What Needs Adjusting?

What would I do differently next week?

_____

Progress Beyond Body Weight

Not all progress shows up on a scale

One of the most important mindset shifts in this challenge is learning to measure progress in ways that are not dependent on a number on a scale. Body weight is one data point — and for some people in some contexts, it may be a relevant one. But it is a limited, incomplete, and often misleading measure of health and wellbeing. Many of the most meaningful improvements in health are invisible to a scale.

The following markers are all genuine forms of progress. You may notice some of them within 21 days. Others may develop over months. All of them matter.



Energy Levels

Feeling more alert in the morning, fewer afternoon crashes, sustaining energy through the day without relying heavily on caffeine.



Sleep Quality

Falling asleep more easily, sleeping more consistently, waking feeling more rested — even if the total hours remain similar.



Strength and Fitness

Being able to do more, carry more, walk further, recover faster from exertion, or feel physically more capable in everyday life.



Mood and Resilience

Feeling calmer, responding less reactively to stress, recovering more quickly from difficult moments.



Digestion

Less bloating, more regular and comfortable digestion, less discomfort after meals.



Routine Consistency

Having a clearer daily structure, feeling more in control of your day, making fewer chaotic last-minute food or activity decisions.

When clinically relevant, other markers — such as blood pressure, blood sugar management, and blood lipids — may also improve with sustained healthy lifestyle habits. Discuss any relevant health markers with your healthcare provider.

When Motivation Drops

Motivation changes — your system should not depend on it

Motivation is real, useful, and genuinely helpful — but it is also unreliable. It fluctuates with sleep, stress, seasons, hormonal cycles, life events, and dozens of other factors outside your control. If your entire health system depends on feeling motivated, it will inevitably collapse during the periods when motivation is lowest — which are often the exact periods when healthy habits matter most.

The goal of this challenge has been to build habits that are small enough, practical enough, and flexible enough that they can survive low-motivation periods. The 5-Minute Rule, the minimum versions, the emergency meal plan, and the environmental changes are all tools designed specifically for this. Here are additional strategies that support consistency when motivation drops:

→ Make the action smaller

Return to the minimum version. A five-minute walk is not failure — it is the habit kept alive.

→ Attach it to an existing routine

Link a habit to something you already do every day: morning tea, brushing teeth, a regular meal. No extra planning required.

→ Prepare the environment

Make the habit easier to begin. Shoes by the door. Vegetables already washed. Water already on the desk.

→ Remove unnecessary steps

The fewer decisions required before a habit begins, the more likely it is to happen. Simplify the start.

→ Return without judgment

After a missed day, a difficult week, or a prolonged disruption, return as soon as you are able. No restart required.

The All-or-Nothing Trap

One of the most common barriers to lasting change

The all-or-nothing pattern is one of the most powerful and common reasons healthy habits collapse. It sounds reasonable in theory — but in practice, it means that any imperfection becomes a reason to abandon the entire effort. The antidote is a different kind of thinking: imperfect consistency beats perfect inconsistency, every single time.

"I missed one workout."

Continue with your next scheduled session. One missed session does not erase the work you have done — or affect your future progress.

"I ate differently at a restaurant."

Return to your normal routine at the next meal. One meal does not define a pattern. The pattern is built across hundreds of meals.

"I had a stressful week."

Reduce the plan during difficult periods rather than abandoning it entirely. A minimum version maintained through a hard week is a genuine achievement.

"I missed three challenge days."

Continue from where you are. There is no need to restart from Day 1. Progress is not linear — and returning is always the right choice.

> Health is built by returning — not by perfection.



Supporting Pillars — The Complete Balance Method™

The eight areas this challenge is built around

This challenge is part of a broader approach to health explored throughout The Complete Balance Method™. Each of the eight pillars below has been introduced through this challenge in a practical, accessible way. For a deeper understanding of any of these areas, the companion books and guides provide comprehensive evidence-informed guidance.

1

Gut Health

Fibre, food variety, hydration, and consistent eating patterns all support a healthier digestive system. Explored in depth in *Healthy Gut, More Energy.*

2

Stress and Cortisol

Managing the stress response through practical daily habits — including movement, rest, breathing, and routine — supports long-term wellbeing. Explored in *Cortisol Reset.*

3

Sleep and Recovery

Sleep is not a passive state. It is one of the most active and important recovery processes available to the body. Evening routines and consistent sleep timing both support it.

4

Hormone Health

Lifestyle choices — including nutrition, sleep, stress management and movement — all interact with hormonal health. Explored in *Hormones in Balance.*



Supporting Pillars — The Complete Balance Method™ (continued)

The eight areas this challenge is built around

This challenge is part of a broader approach to health explored throughout The Complete Balance Method™. Each of the eight pillars below has been introduced through this challenge in a practical, accessible way. For a deeper understanding of any of these areas, the companion books and guides provide comprehensive evidence-informed guidance.

1

Nutrition

Balanced, varied meals built around protein, fibre, vegetables, and healthy fats form the nutritional foundation. Practical tools are provided in *30 Healthy Meal Formulas* and *The Balance Shopping List*.

2

Healthy Weight and Body Composition

Supporting a healthy body composition through sustainable habits rather than restrictive diets. Explored in *The Healthy Weight Formula*.

3

Energy and Movement

Walking, strength training, and regular movement all contribute to energy, mood, and physical capacity — and are accessible at any fitness level.

4

Practical Daily Routines

Structure, consistency, and planned habits reduce the cognitive load of healthy living. Explored in *My Health Compass*.



A Note on Supplements

Foundations first — always

Supplements are not required to complete this challenge, and they are not the foundation of any healthy routine. Healthy, sustainable daily habits — consistent movement, balanced nutrition, adequate sleep, managed stress, and regular recovery — form the foundation. No supplement can replace these.

That said, targeted supplementation may be a relevant supporting element for some individuals in some circumstances — particularly where specific nutritional needs are difficult to meet through diet alone, or where health conditions warrant additional support. Common examples discussed in nutritional and clinical contexts include vitamin D (particularly in low-sunlight environments), omega-3 fatty acids, magnesium, and certain B vitamins — among others. These are not recommendations for this guide, but areas to explore with a qualified healthcare professional based on your individual needs.

> Healthy routines form the foundation. Targeted supplementation may complement appropriate nutrition and lifestyle when individually relevant — not replace it.

If you are considering supplements, seek guidance from a qualified healthcare provider or registered dietitian who can advise based on your personal health history, any current medications, and specific needs.

Medical Safety and When to Seek Professional Help

This guide is educational — not medical advice

The 21-Day Balance Challenge is an educational lifestyle guide. It is not a medical treatment plan, a diagnostic tool, or a substitute for personalised professional advice. The vast majority of healthy adults can safely begin the habits described in this guide. However, if you have existing medical conditions, physical injuries, significant ongoing symptoms, or specific dietary needs, it is always wise to discuss changes with your healthcare provider before beginning.

Please seek prompt medical evaluation if you experience any of the following — whether or not they arose during this challenge:

Persistent severe fatigue

Fatigue that does not improve with rest and is significantly affecting daily life

Unexplained weight loss

Significant, unintentional weight loss without dietary changes or explanation

Persistent or severe digestive symptoms

Including blood in stool, severe abdominal pain, or significant unexplained changes in bowel habits

Chest pain or palpitations

Particularly during or after physical activity

Fainting or severe breathlessness

During or following exercise or everyday activity

Postmenopausal bleeding

Any vaginal bleeding after confirmed menopause should be evaluated promptly

Severe depression or anxiety

Mental health symptoms that are significantly affecting daily functioning or quality of life

Do not discontinue any prescribed medication based on information in this guide. If you are considering changes to any medication or medical treatment, please do so only in consultation with your prescribing healthcare professional.

⊗ This guide does not diagnose, treat, cure, or prevent any medical condition. Always seek appropriate professional support for persistent, severe, or unexplained symptoms.



A Note on Nutritional Language

No food is your enemy

Throughout this guide, you will not find language that describes food as "clean," "dirty," "guilty," or "toxic." You will not find carbohydrates presented as dangerous, fruit described as problematic, dairy condemned, or any single food group treated as the cause of all health problems. These framings are unhelpful, often unsupported by current nutritional science, and can contribute to an unhealthy relationship with food that is ultimately counterproductive to lasting wellbeing.

The approach in The Complete Balance Method™ is built on nutritional balance, variety, and sustainability — not restriction, fear, or moral judgement around food choices. All foods can have a place in a healthy overall pattern. The focus is always on what to add and build, not what to eliminate and avoid.

We use language like...

Balanced. Varied. Nourishing. Fibre-rich. Protein-containing. Satisfying. Practical. Flexible. Enjoyable.

We do not use language like...

Clean. Dirty. Toxic. Cheat meal. Guilty pleasure. Forbidden. Bad. Sinful. Naughty. Any language that assigns moral value to food.

If you have a complex relationship with food, eating, or your body, please consider speaking with a registered dietitian or qualified healthcare professional who specialises in this area. This guide is designed to be supportive and practical — and it is not a substitute for personalised professional support when that is what is needed.

Continuing Beyond Day 21

The challenge ends — the practice continues

Day 21 is not a finish line. It is a checkpoint. The purpose of this challenge has never been to transform your health in three weeks — because that is not how lasting change works. The purpose has been to give you a structured, supportive period of practice, observation, and momentum-building. What you carry forward from here is far more valuable than anything that happened within the 21 days themselves.

You now know which habits resonate with your body and your life. You have a personalised five-habit plan. You have emergency meal options. You have a weekly review structure. You have a habit tracker. And you have the most important tool of all: the knowledge that small, consistent actions — maintained even imperfectly, even on difficult days — create a stronger foundation over time.

> This is not the end of something. It is the beginning of a more considered, more compassionate, more consistent relationship with your own health.

Week 4 and Beyond

Continue your five core habits. Use the weekly check-in template every week. Review and adjust your plan every four to six weeks based on what you observe.

When Life Gets Difficult

Apply the 5-Minute Rule. Use your minimum versions. Return without judgment after any break. Health is built by returning.

Deepen Your Knowledge

Explore the companion books in The Complete Balance Method™ series for more depth on any of the eight pillars that matter most to you right now.

Thank you for trusting this guide and this method. Well done for showing up — day after day, habit after habit, small action after small action. That is what building a stronger foundation actually looks like.

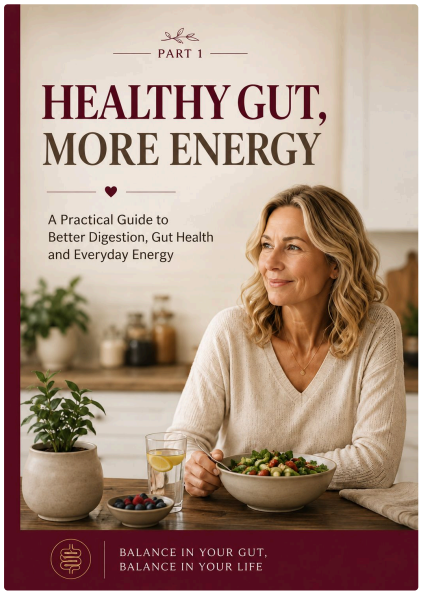
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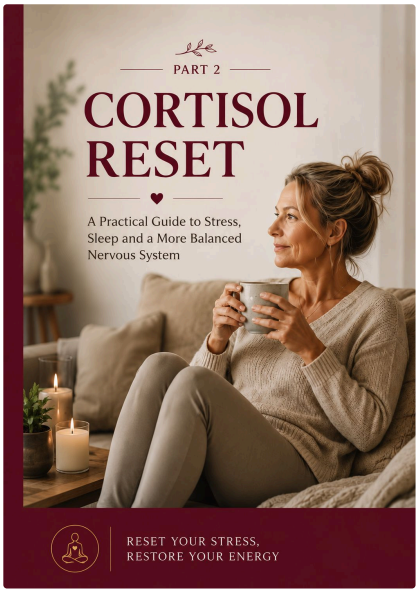
Build Better Habits for Energy, Digestion, Sleep, Stress and Everyday Wellbeing

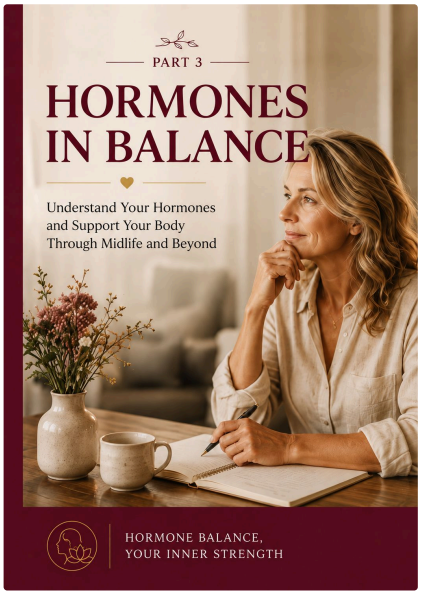
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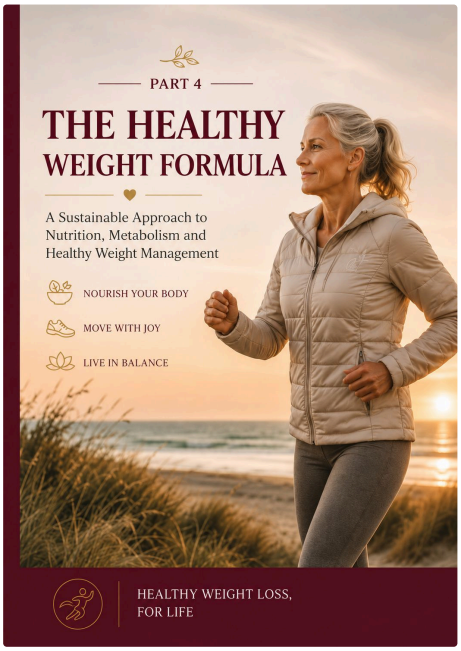
This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.

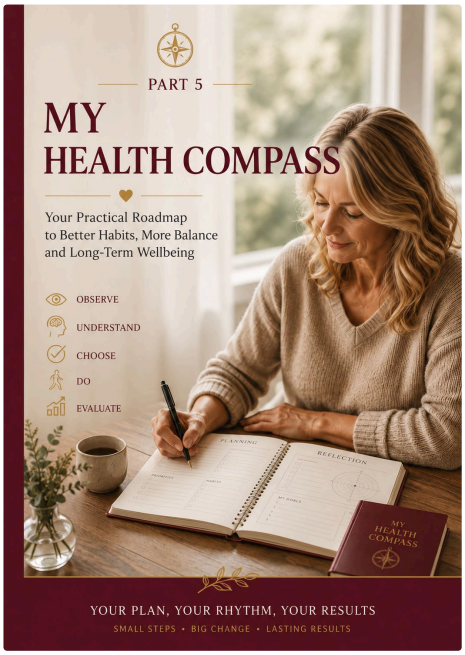
E-Books











The Smart Supplement Guide

The Smart Supplement Guide helps you navigate supplementation with greater clarity and confidence. It provides a practical overview of carefully selected supplements, their key ingredients and their role within a broader healthy lifestyle — helping you make more informed choices based on your personal goals and needs. Supplements are not a replacement for healthy habits, but when chosen thoughtfully, they can be a valuable addition to **The Complete Balance Method™**.



ONE COMPLETE METHOD.
ONE PRACTICAL SYSTEM.
BUILT AROUND YOUR REAL LIFE.

You do not need another quick fix, another extreme diet or another list of health rules you cannot maintain. You need a clear framework that helps you understand how the different parts of your health work together — and shows you what to focus on next.

With the complete bundle, you receive the full **The Complete Balance Method™** collection: all five in-depth e-books plus all five practical bonus guides, designed to take you from understanding your body to creating healthier routines that fit into everyday life.

Your next step does not have to be bigger. It simply has to move you in the right direction.