

MELISSA PEARSON COACHING | CONSULTING

Take the Wheel of Your Health

Stop guessing. Get answers.
Start feeling like yourself again.

START HERE ROADMAP

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Start Here: Take the Wheel of Your Health Roadmap

You just got a system with several pieces in it, and I know exactly what happens to systems with several pieces: they get opened, admired, and buried. Not this one. This page tells you exactly what to do, in what order, so you always know your next step... and if life pulls you away, you will know exactly where to pick back up.

What's in this system:

- ☐ **This page** ... your roadmap. Keep it on top.
- ☐ **You Deserve to Feel Better (the Mindset Piece)** ... the part people will often skip, but it is the part that decides whether any of this works. It is a crucial piece, don't skip it.
- ☐ **Take the Wheel: The Guide** ... the full playbook, including the Lab Discussion Guide and Health Toolbox.
- ☐ **The Appointment Checklist** ... printable. Fill it out before every appointment.
- ☐ **The AI Prompts Pack** ... the exact prompts I used, plus a beginner's walkthrough. (Not an AI person? The Lab Discussion Guide in the Guide covers you completely.)
- ☐ **The Symptom and Results Tracker** ... printable. This is where your body's file begins.

How to Move Through the System

Step 1. Read the Mindset Piece first. It takes about fifteen minutes, and I put it first on purpose. If the beliefs underneath aren't in alignment, the checklist becomes one more thing you didn't get to. Read it before anything else.

Step 2. Read the Guide. One sitting or one part a day, either works. Don't study it. Just let it change how you see the whole thing.

Step 3. Print the Checklist and the Tracker. Paper works. Put them where you'll see them.

Then, this week: three moves

- ☐ **Build your lab discussion list.** Pick your path: the AI Prompts Pack (prompt #1 is the one that started everything for me) or the Lab Discussion Guide at the back of the Guide. Mark what matches your symptoms.
 - ☐ **Start your Tracker.** Ten minutes. Write down your symptoms with specifics: what, how often, since when.
 - ☐ **Book the appointment.** Family doctor, nurse practitioner, virtual care... whoever you can actually get in front of. This is the move that makes everything else real. Booking it counts as taking the wheel.
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After your appointment

- ☐ Get copies of your results (always... they're yours).
- ☐ Log your numbers in the Tracker.
- ☐ Turn your results into questions for the next conversation (Part 6 of the Guide, and prompt #4 in the Prompts Pack).
- ☐ Do the right work, for long enough, and retest. That's the loop.

Coming back after time away?

First: you didn't fail, and you're not behind, because there is no behind in this work. Find your spot and pick right back up:

Haven't read anything yet? → Start with the Mindset Piece.

Read things but never booked? → Book the appointment today. That's your only job.

Had the appointment but stalled after? → Pull out your results, log them in the Tracker, and read Part 6.

Been tracking but life got loud? → Ten minutes with your Tracker tonight. The work waited for you, and it's still yours.

Remember: You are more capable than you know and more worth it than you believe.