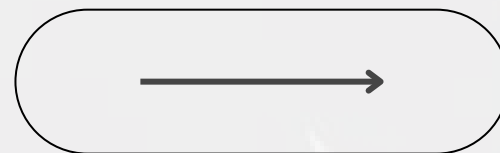




7-DAY PLANNER



YOUR JOURNEY TO DISCOVERING YOUR INDIVIDUAL CARBOHYDRATE TOLERANCE

Purpose: Learn how your body responds to carbohydrates to achieve your best weight and wellness.

Flexible Approach: Choose from everyday foods, adjust your intake based on results, and enjoy what you eat.

Weekly Coaching: Track progress, test your carbohydrate tolerance, and refine your plan with your coach.

Simple Rules:

- Follow the program as designed.
- Eat until you feel satisfied — never hungry.
- Meet your coach weekly for guidance.

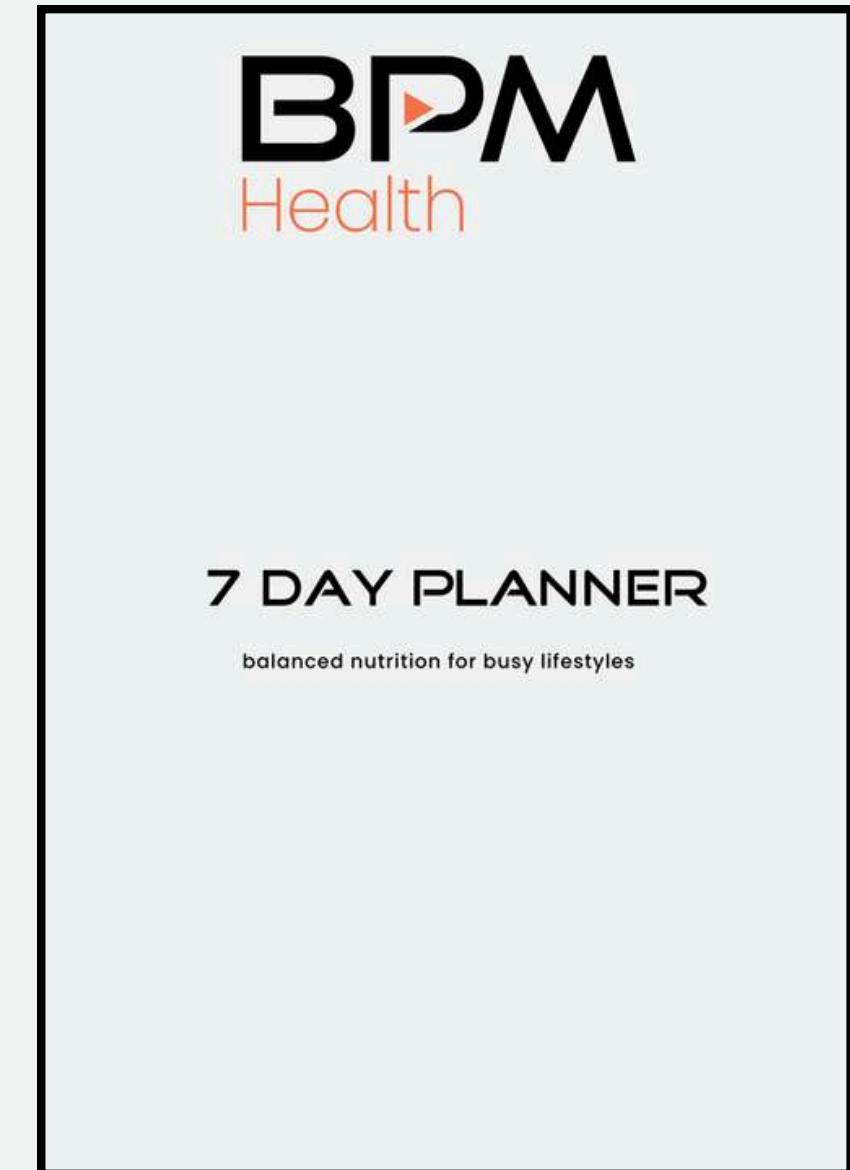


WHY YOUR PLANNER MATTERS

Purpose: Your Planner is your roadmap — it helps you stay aware, organised, and accountable.

Flexible Approach: Use it to plan meals, shopping, and daily habits that fit your lifestyle.

Weekly Coaching: Review your entries together to identify what's working and what needs adjusting.



STAYING REGULAR AND COMFORTABLE

Purpose: Support your digestion and comfort as your body adjusts to new eating patterns.

Flexible Approach: Balance hydration, healthy fats, and fibre-rich vegetables.

Weekly Coaching: Talk to your coach if you experience any changes — adjustments are simple.



SETTING YOURSELF UP FOR SUCCESS

Purpose: Prepare your environment and habits for easier choices.

Flexible Approach: Plan meals ahead, shop smart, and keep on-plan foods visible and ready.

Weekly Coaching: Share your preparation strategies during check-ins.



MOTIVATION AND MOVEMENT

Purpose: Keep your motivation strong and pair good nutrition with regular movement.

Flexible Approach: Choose activities you enjoy — from walking to resistance training.

Weekly Coaching: Reflect on your motivation and movement goals with your coach.



YOUR ACTION PLAN

Purpose: Turn your goals into clear, achievable actions.

Flexible Approach: Create a schedule that suits your lifestyle — meal planning, exercise, sleep.

Weekly Coaching: Review your plan weekly and adjust when needed.

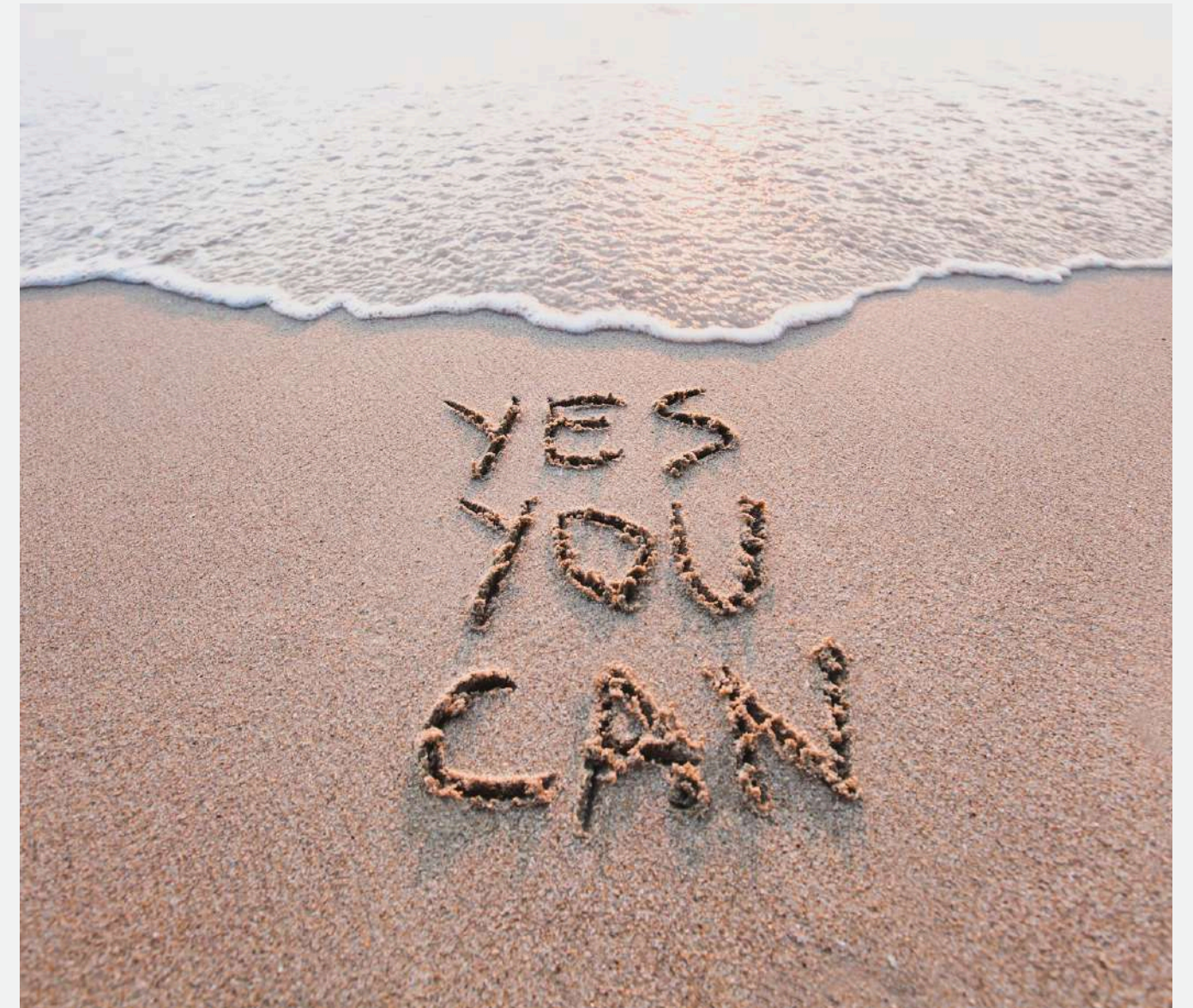


YOUR VISION STATEMENT

Purpose: Define what success looks like for you — physically, mentally, and emotionally.

Flexible Approach: Write your vision as if it's already true, describing how you look and feel.

Weekly Coaching: Revisit your vision when motivation dips — your coach will help you stay aligned.



FOOD GUIDELINES

Purpose: Teach you how to build balanced, nourishing meals.

Flexible Approach: Combine protein, fat, and low-carb vegetables; adjust carbs gradually through phases.

Weekly Coaching: Review your food balance and progress weekly.



FOOD LISTS (PROTEIN, FATS, CARBS)

Purpose: Give you clear options and portion guides for every meal.

Flexible Approach: Choose from lists that match your current phase; variety is encouraged.

Weekly Coaching: Discuss which foods work best for your energy and results.



FLAVOUR AND VARIETY

Purpose: Make healthy eating enjoyable and sustainable.

Flexible Approach: Experiment with herbs, spices, and condiments that fit the plan.

Weekly Coaching: Share recipes or ideas with your coach if you need inspiration.



DRINKS, ALCOHOL, AND SLEEP

Purpose: Support hydration, energy, and recovery.

Flexible Approach: Choose from water, tea, soda water, or black coffee; enjoy alcohol only occasionally.

Weekly Coaching: Discuss sleep patterns and hydration at check-ins.



ADAPTING TO CHANGE

Purpose: Help your body adjust smoothly in the first few weeks.

Flexible Approach: Focus on hydration, healthy fats, and rest to ease any temporary symptoms.

Weekly Coaching: Report how you feel — your coach will guide adjustments.

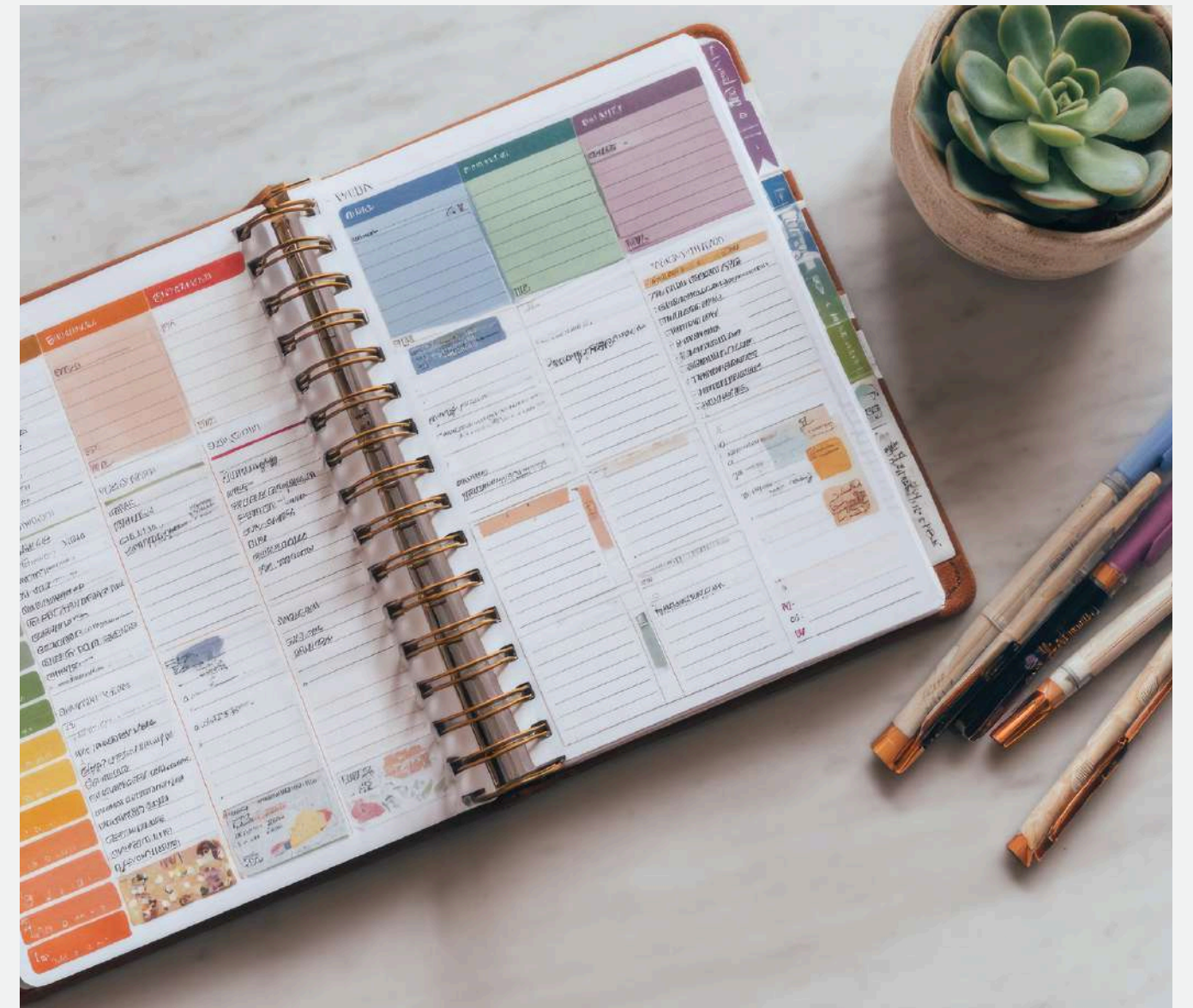


WEEKLY PLANNER AND DAILY TRACKING

Purpose: Track your meals, sleep, water, and activity for clarity and progress.

Flexible Approach: Record honestly — it's about learning, not perfection.

Weekly Coaching: Use your notes to discuss patterns and adjustments.



WEEKLY CHECK-IN WITH YOUR COACH

Purpose: Review your week and plan for success ahead.

Flexible Approach: Focus on one or two areas for improvement each week.

Weekly Coaching: Discuss your Planner, energy, and progress together.

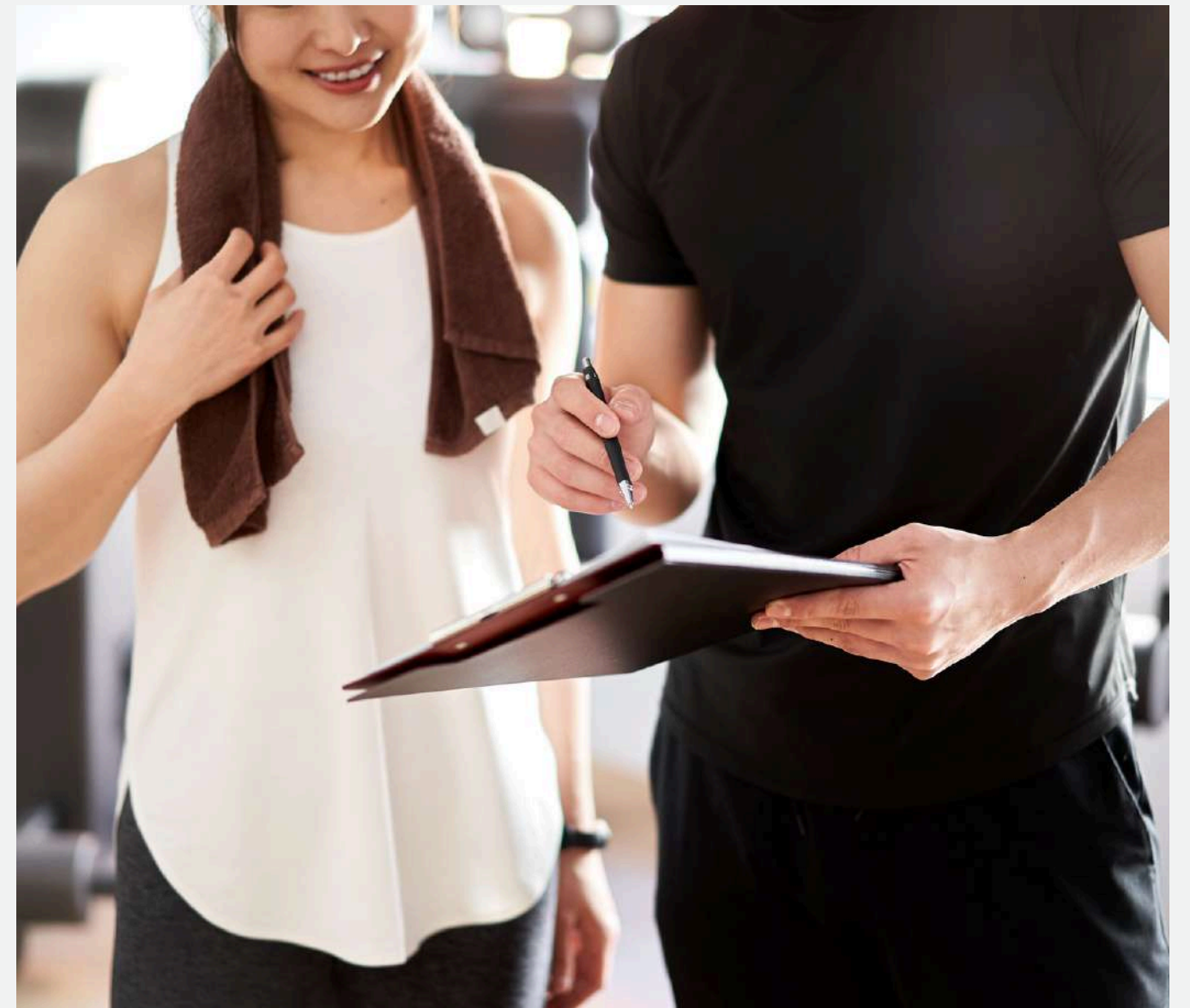


OVERCOMING PLATEAUS (RESISTANT WEIGHT LOSS)

Purpose: Identify and overcome anything slowing progress.

Flexible Approach: Work with your coach to spot barriers and create simple solutions.

Weekly Coaching: Use this page to reset, refocus, and re-energise your plan.



MAXIMISING YOUR SUCCESS

Purpose: Build habits that keep results long-term.

Flexible Approach: Adjust your environment, schedule, and mindset for success.

Weekly Coaching: Celebrate wins and review consistent behaviours.



NUTRITION BASICS: PROTEIN, FATS, AND CARBS

Purpose: Understand how different nutrients support your body.

Flexible Approach: Eat a mix of protein, healthy fats, and the right amount of carbs for you.

Weekly Coaching: Your coach will help you balance meals and portions.



SMART SNACKING AND PROTEIN SHAKES

Purpose: Support your energy between meals and reduce cravings.

Flexible Approach: Use protein shakes or snacks early on; taper as you progress.

Weekly Coaching: Adjust shake frequency based on hunger and goals.



HAPPY MIND, HEALTHY BODY (GRATITUDE SECTION)

Purpose: Strengthen your mindset alongside physical health.

Flexible Approach: Reflect daily on something positive or a win you're proud of.

Weekly Coaching: Share your highlights or gratitude moments in check-ins.



MEASURING PROGRESS

Purpose: Track changes in weight and body measurements.

Flexible Approach: Measure every few weeks; focus on trends, not daily numbers.

Weekly Coaching: Review together and celebrate wins beyond the scale.



STAYING CONSISTENT

Purpose: Bring it all together — consistency creates results.

Flexible Approach: Use your Planner daily to reduce decision fatigue and stay focused.

Weekly Coaching: Your coach keeps you accountable and supported every step of the way.



THANK YOU!



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