

THE HEALTH ARCHITECTURE & RESILIENCE BLUEPRINT

Client Name: _____ Date: ____ Phase: Sustain (Master Level Behavioral Design)

Section 1: Environmental Audit (Friction Mapping)

Goal: To make healthy choices the path of least resistance by re-engineering your surroundings.

Domain	Friction-Decreasing (To Start Good Habits)	Friction-Increasing (To Stop Bad Habits)
Kitchen/Pantry	<i>Ex: Pre-cut veg at eye level.</i> _____	<i>Ex: Move snacks to high, opaque bins.</i> _____
Digital Space	<i>Ex: Blue-light filters on.</i> _____	<i>Ex: Delete food delivery apps.</i> _____
Social Circle	<i>Ex: Join a walking group.</i> _____	<i>Ex: Set boundaries with "saboteurs."</i> _____
Sleep/Bedroom	<i>Ex: Magnesium on nightstand.</i> _____	<i>Ex: Remove TV/Phone from room.</i> _____

Section 2: Navigating the 'Messy Middle' (Resilience Plan)

Goal: To prepare for the inevitable dip in motivation (usually weeks 3-6).

- 1. Anticipatory Guidance:** When the "honeymoon phase" ends and I feel like quitting, my pre-planned response will be:
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2. Non-Scale Victories (NSVs): Track 3 functional wins that aren't related to labs or weight:

* [] Win 1: _____ * **[] Win 2:** _____ * [] Win 3: _____

3. The Confidence Ruler: On a scale of 1-10, how confident do you feel maintaining this plan? (Low) 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 (High) *If below a 7, what is one "friction" we can remove to move you up 2 points?* _____

Section 3: The Maintenance Blueprint (Empowered Discharge)

Goal: To establish your "Minimum Effective Dose" for long-term health ownership.

- **The MED (Minimum Effective Dose):** List the non-negotiable supplements, foods, or movements required to stay baseline healthy: _____
- **The Red Flag System:** If I experience these 3 symptoms for more than 3 days, I will return to my "Intensive Protocol":

1. ____ 2. ____ 3. _____

Section 4: Reflection & Secondary Gain Check

Practitioner Observations: *Are there hidden benefits to remaining unwell (attention, avoidance of stress)?*

Next Steps: [] Schedule 6-Month "Functional Tune-up" [] Finalize Environmental Audit Add-on [] Transition to Resilience Membership

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