

HORMONAL HARMONY: 7-DAY LIFESTYLE OPTIMIZATION TRACKER

Client Name: _____ Date: _ Cycle Day (if applicable): _____

Objective: To align your internal biological clocks, reduce toxic burden, and stabilize the HPA axis (stress response) to create the environment for hormonal repair.

SECTION 1: DAILY OPTIMIZATION CHECKLIST

Instructions: Complete this tracker daily. The goal is consistency, not perfection.

Pillar	Action Item	M	T	W	T	F	S	S
Circadian	10m Direct Sunlight (before 9:00 AM)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	30g Protein (within 60m of waking)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	Seed Cycling (Phase 1 or 2 - see below)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Environment	"Swap as You Drop" (1 EDC-free choice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stress	5-10m Mindfulness (MBSR or HeartMath)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movement	Endocrine-Friendly Activity (see below)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep	No Blue Light/Screens 60m before bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 2: PROTOCOL REFERENCE GUIDE

1. Seed Cycling Phase (Check your current phase):

- ☐ **Follicular (Day 1-14):** 1-2 tbsp Ground Flax & Pumpkin Seeds (Supports Estrogen).
- ☐ **Luteal (Day 15-28):** 1-2 tbsp Ground Sesame & Sunflower Seeds (Supports Progesterone).

2. Movement Type (Select what you performed):

- Resistance Training:** (Goal: 3x/week) for insulin sensitivity.

- **Zone 2/Yoga:** For HPA axis recovery and mitochondrial health.
- *Note: Avoid high-intensity HIIT if feeling "wired but tired."*

3. Environmental "Swap as You Drop":

List any conventional products replaced this week (e.g., glass vs. plastic, clean shampoo, fragrance-free laundry):

SECTION 3: WEEKLY REFLECTION & SCORING

Energy & Symptom Tracking (Scale 1-10; 10 being optimal): * **Morning Energy Level:** _ / 10 * **Sleep Quality:** / 10 * **Cravings/Hunger Stability:** _ / 10 * **Mental Clarity/Mood:** / 10

Weekly Wins:

Challenges Encountered:

Practitioner Observations:

NEXT STEPS:

- ☐ Focus on increasing protein intake at breakfast.
- ☐ Prioritize morning sunlight to reset the SCN (Master Clock).
- ☐ Transition next set of personal care products to EDC-free versions.

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