

SUSTAINABILITY & ANCHOR HABIT BLUEPRINT

Client Name: _____ Date: _____ Transition Phase: Intensive Repair → Long-Term Resilience

Section 1: The Anchor Habit Foundation

Identify the three "non-negotiables" that keep your system stable even when life is chaotic. These are your physiological safety nets.

1. Morning Anchor: _____ (Example: 7-minute movement, 20oz water, or sunlight exposure)
 2. Fueling Anchor: _____ (Example: Protein-rich breakfast or 12-hour overnight fast)
 3. Evening Anchor: _____ (Example: 10:00 PM lights-out or 5-minute gratitude/journaling)
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Section 2: The 80/20 Maintenance Rule

Sustainability requires flexibility. Use this table to define what "Maintenance" looks like for you. 80% focuses on clinical adherence; 20% allows for social and lifestyle flexibility.

Focus Area	80% Clinical Adherence (The "Gold Standard")	20% Lifestyle Flexibility (The "Buffer")
Nutrition		
Sleep/Rest		
Movement		
Stress Mgmt		

Section 3: Predictive Awareness & The "Bounce-Back" Plan

Anticipate the "Safety Net Anxiety" by planning for your most stressful weeks (e.g., school deadlines, travel, holidays).

The 100% Crazy Week Drill: If life gets completely overwhelming next week, what is the **ONE** habit that remains your absolute baseline for safety?

The Bounce-Back Protocol: If I have a "bad" weekend or slide into old patterns, my immediate "Monday Morning" reset steps are: 1. _____ 2. _____

Section 4: Self-Efficacy Reflection

Rate your confidence in the following areas (1 = Not at all confident, 10 = Fully confident):

- I can identify my body's early warning signs of a "flare": _____ / 10
- I feel capable of choosing a healthy meal in a social setting: _____ / 10
- I know how to "reset" my system without feeling shame or guilt: _____ / 10
- I view myself as the "CEO" of my health journey: _____ / 10

Observations & Wins:

Next Steps:

- **Next Maintenance Pulse Check-in:** _____ (Date/Time)
 - **Current Role of Practitioner:** Expert Consultant (Monthly Check-in)
 - **Key Focus for Next 30 Days:** _____
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