

30-DAY FOUNDATIONS ACTION PLAN

The goal isn't perfection—it's progress. This 30-day action plan is designed to help you turn knowledge into action by introducing manageable lifestyle changes one week at a time. Complete the action items for each week before moving on to the next. At the end of four weeks, reflect on the changes you've made and the momentum you've created. Remember, small choices repeated consistently have the power to transform your health over time.

Week 1: Assess and Observe

Focus on awareness.

- ☐ Complete the Foundation Checklist
- ☐ Complete the Stress Load Inventory
- ☐ Complete the Environmental Exposure Inventory
- ☐ Complete the Pantry Assessment
- ☐ Identify one area of health you'd like to improve

Goal: Understand your starting point.

Week 2: Support the Nervous System

- ☐ Practice a breathing exercise daily
- ☐ Spend 10 minutes outdoors each day
- ☐ Identify one activity that fills your cup
- ☐ Reduce one unnecessary stressor
- ☐ Create one enlightened exchange, exchanging something that serves you for something that doesn't

Goal: Shift from constant stress response toward greater balance and recovery.

30-Day Foundation Action Plan (continued)

Week 3: Build Nutritional Foundations

- ☐ Increase protein intake
- ☐ Increase colorful fruits and vegetables
- ☐ Improve hydration
- ☐ Replace one processed food with a whole-food alternative
- ☐ Identify one pantry upgrade

Goal: Provide your body with the building blocks it needs.

Week 4: Create Your Personalized Plan

- ☐ Review what worked best
- ☐ Identify habits you want to continue
- ☐ Schedule follow-up healthcare appointments if needed
- ☐ Review supplements and discuss questions with your healthcare provider
- ☐ Choose three habits to carry forward

Goal: Create a sustainable path forward.

At the End of 30 Days

Reflect on:

- ☐ What changes made the biggest difference?
- ☐ What felt realistic and sustainable?
- ☐ What surprised you?
- ☐ What would you like to continue building upon?

THE VCP EQUATION