

FOUNDATIONS DISCOVERY

Building the Basics That Support Long-Term Health

When living with VCP disease, it is easy to become overwhelmed by information, supplements, testing, and treatment options. While these tools may have a place, they work best when built upon a strong foundation.

Use this foundations discovery as a starting point to identify areas of strength and opportunities for improvement.

Sleep

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I get adequate sleep most nights.	☐	☐	☐
I maintain a relatively consistent sleep and wake schedule.	☐	☐	☐
My sleep environment supports restful sleep.	☐	☐	☐
I wake feeling reasonably refreshed.	☐	☐	☐
I have addressed factors that may interfere with sleep quality.	☐	☐	☐

Nutrition

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I eat regular, balanced meals.	☐	☐	☐
I consume adequate protein.	☐	☐	☐
I include fruits and vegetables daily.	☐	☐	☐
I limit highly processed food most of the time.	☐	☐	☐
My eating pattern feels sustainable.	☐	☐	☐

Foundations Discovery (continued)

Hydration

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I drink water consistently throughout the day.	☐	☐	☐
I stay hydrated during exercise, travel, or hot weather.	☐	☐	☐
I pay attention to the quality of my drinking water.	☐	☐	☐

Movement

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I move my body regularly.	☐	☐	☐
I include activities that support strength, mobility, or balance.	☐	☐	☐
I exercise within my abilities and limitations.	☐	☐	☐
I make time for recovery and rest.	☐	☐	☐

Nervous System Regulation

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I have healthy ways to manage stress.	☐	☐	☐
I regularly engage in activities that help me relax	☐	☐	☐
I build moments of rest into my day.	☐	☐	☐
I practice breathing exercises, meditation, prayer, or other calming activities.	☐	☐	☐
I feel capable of recovering after stressful events.	☐	☐	☐

Foundations Discovery (continued)

Gut Health

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I have regular bowel movements.	☐	☐	☐
I experience minimal digestive discomfort.	☐	☐	☐
I consume fiber-rich foods when tolerated.	☐	☐	☐
I pay attention to foods that affect how I feel.	☐	☐	☐

Environmental Health

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I am mindful of unnecessary chemical exposures.	☐	☐	☐
I make thoughtful choices regarding food storage, water, and household products.	☐	☐	☐
I focus on reducing my overall burden rather than achieving perfection.	☐	☐	☐

Connection & Support

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I have people I can turn to for support.	☐	☐	☐
I maintain meaningful relationships.	☐	☐	☐
I ask for help when I need it.	☐	☐	☐
I make time for connection and community.	☐	☐	☐

Foundations Discovery (continued)

Joy & Purpose

Statement	Strong Foundation	Needs Some Attention	Priority for Improvement
I regularly engage in activities I enjoy.	☐	☐	☐
I make time for hobbies, creativity, or recreation.	☐	☐	☐
I have a sense of purpose or meaning in my life.	☐	☐	☐
I continue to invest in the things that matter most to me.	☐	☐	☐

Reflection

Which areas contain the most boxes under Strong Foundation?

Which areas contain the most boxes under Priority for Improvement?

What is one area I would like to focus on over the next month?

What is one small step I can take this week?

Remember

Health is not built through a single supplement, test, or intervention. It is built through the small choices we make consistently over time.

You do not need to do everything at once.

Start where you are.

Choose one area to strengthen.

Then take the next step.

THE VCP EQUATION