GRP

GUT REBALANCING PROTOCOL

MOVEMENT AND HYDRATION PRESCRIPTION, WEEKS 3 & 4

You must follow this Movement and Hydration prescription, exactly as prescribed… NO more, NO less.

How to record… Every day, log your previous day's completed Movement & Hydration i.e., On Tuesday fill in Monday's, on Wednesday fill in Tuesday's etc. OR if you prefer, track ever evening at the end of each and every day.

- **Date/Video:** Record the date which matches the YIN YOGA video *i.e., 9th = Day-9 video, 10th = Day-10 video etc.*
- **Location/Duration:** Of your 30-min Slow-paced Barefoot walk [BW].
- **Location/Duration:** Of Resistant band [RB] upper/lower video OR 20-min Slow-paced Swim [SW]
- **Today's Hydration:** Record how much you drank each day (water & herbal teas).
- **SDH** [Stretch-Decompress-Hydrate]: Record the % of time you did every day (incl. days off & weekends)
- **DD [Digestive Dominoes]:** Record the % of time you did every day (incl. days off & weekends)for all meals/snacks.

For more information about exercise go to your Module's Gut Health Library. This is for now, not forever! Any questions, please ask in the LIVE Q&A Broadcast post.

DAY	DATE VIDEO	MOVEMENT PRESCRIPTION TYPE – INTENSITY – TIME	LOCATION – DURATION BW …RESISTANT BANDS…SWIM	TODAY'S HYDRATION	SHD	DD
Mon	*9th*	*As prescribed below*	*BW beach, 30-min* *RB Front yard 6-mins upper OR SW Beach 20-min*	*2.4 litres*	*90%*	*90%*
Mon		30 min Slow paced Barefoot Walk				
Tues		Resistant bands – Upper body OR 20-min Slow-paced Swim				
Wed		30 min Slow paced Barefoot Walk				
Thurs		Resistant bands – Lower body OR 20-min Slow-paced Swim				
Fri		30 min Slow paced Barefoot Walk				
Sat		Resistant bands – Upper body OR 20-min Slow-paced Swim				
Sun		30 min Slow paced Barefoot Walk				
Mon		Resistant bands – Lower body OR 20-min Slow-paced Swim				
Tues		30 min Slow paced Barefoot Walk				
Wed		Resistant bands – Upper body OR 20-min Slow-paced Swim				
Thurs		30 min Slow paced Barefoot Walk				
Fri		Resistant bands – Lower body OR 20-min Slow-paced Swim				
Sat		30 min Slow paced Barefoot Walk				
Sun		Resistant bands – Upper body OR 20-min Slow-paced Swim				