GRP

GUT REBALANCING PROTOCOL

MOVEMENT AND HYDRATION PRESCRIPTION, WEEKS 5 & 6

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:** write where you did your 30-min Slow-paced Barefoot walk [BW].
- **Location:** write where you did your 12-min Resistant band [RB] upper & lower movements.
- **Location/Type:** write what type, of 4-min HIIT you did and where. *(re-read M3 GHL – Benefits of High Intensity Interval Training (HIIT), HOW and WHEN to do)*
- **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.

DAY	DATE VIDEO	MOVEMENT PRESCRIPTION TYPE – INTENSITY – TIME	LOCATION BW …RESISTANT BANDS… HIIT	TODAY'S HYDRATION	SHD	DD
Mon	*9th*	*As prescribed below*	*BW beach, 30-min RB 12-mins Living room… HIIT 4mins Skip home*	*2.4 litres*	*90%*	*90%*
Mon		30 min Slow paced Barefoot Walk				
Tues		Resistant bands – Upper body AND Lower body [12-mins]				
Wed		HIIT [4-mins]				
Thurs		30 min Slow paced Barefoot Walk				
Fri		Resistant bands – Upper body AND Lower body [12-mins]				
Sat		HIIT [4-mins]				
Sun		30 min Slow paced Barefoot Walk				
Mon		Resistant bands – Upper body AND Lower body [12-mins]				
Tues		HIIT [4-mins]				
Wed		30 min Slow paced Barefoot Walk				
Thurs		Resistant bands – Upper body AND Lower body [12-mins]				
Fri		HIIT [4-mins]				
Sat		30 min Slow paced Barefoot Walk				
Sun		Resistant bands – Upper body AND Lower body [12-mins]				