

MODULE 5 – SLEEP... DAILY ACTION SHEET

INSTRUCTIONS...

- 🌟 We highly recommended to do each ACTIVITY in the ORDER listed and do ONLY one a day, over the course of the week.
- 💡 Every day, open your mobile phone 📅 calendar & create a NEW event that is your "GRP ME" time... scheduling in time for YOU ❤️
- ❓ Got a question? Get into your GRP HUB and ask other GRP'ers or post your question(s) in the LIVE Q&A broadcast post (pinned to top). They will be answered in the LIVE Q&A.
- 📸 Anytime, in the GRP Hub, share your progress and successes with photos, or videos... both Food and Lifestyle.
- ⚠️ Your next week's MODULE is released on a Saturday evening, in readiness for the start of your module week on Monday. It's in the drop-down menu in your Member Hub.

DAY	TIME REQ.	ACTIVITY and corresponding MATERIALS (bolded)
Daily	15-mins	Listen to, or watch, your daily Coaching session in the GRP Hub . Keep yourself accountable... respond to the question on each day's coaching video!
Sun	75-mins	<ol style="list-style-type: none"> 1. Read your Optimal Sleep Handbook and read and PRINT your Sleep Action and Tracking Sheet to start on Monday. 2. Print your Movement and Hydration prescription and re-read IMPORTANT corresponding reading in M3 GHL... "<i>Benefits of High Intensity Interval Training [HIIT]. HOW and WHEN to do</i>" ... so you can choose a HIIT that you wish to do, starting Wednesday. 3. Read your Growth Phase Food Prescription Guidelines and re-read IMPORTANT corresponding readings in M4 GHL... <ul style="list-style-type: none"> o When prescribed, why MUST I Cook, then Cool Rice, Pasta, Potatoes for at least 24-hrs before eating? o When 'alcohol' is re-introduced, why is there a limit?
Mon	20-mins	Read and respond to the Food 4 thought post in the GRP Hub .
Wed	20-mins	Read and respond to the Your Microbiome post in the GRP Hub .
Friday	10-mins	Read and respond to the FRI-YAY post in the GRP Hub .

WEEKEND PREPARATION FOR NEXT WEEK'S FOOD PRESCRIPTION...

- On your **Week 6 Food Prescription** write in 'the day you'll eat' each of the 5 dinners listed and choose your two extra dinner meals, as per your **Food Prescription Guidelines** and write it onto your Food Prescription with the time it will take to make.
- Read your **Week 6 Shopping list** and corresponding **Ingredients A-Z** list before you go shopping. Head off shopping.
- Put some music on and enjoy doing your **Weekend Essential Preparation**.