GRP
GUT REBALANCING PROTOCOL

DAILY ACTION SHEET… MODULE 7 – STRESS MANAGEMENT

INSTRUCTIONS…

🌼 We highly recommended to do each ACTIVITY in the ORDER listed.
💡 Every day, open your mobile phone 📲 calendar and create a NEW event that is your dedicated "GRP ME" time... scheduling in time for YOU 💗
❓ Got a question? Post in the LIVE Q&A broadcast post or GRP Zoom Roundtable.
🎉 Share your progress and successes in the GRP Hub with Food and Lifestyle photos or videos.
⚠️ Your next week's MODULE is released on a Saturday evening and is available after 6pm (AWST). It's in your Member Hub drop-down menu.

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	45-mins	Read your **Stress Management Handbook** and your **Problem-Solving Framework** ready to start on Monday. ***Notes…*** • *Your DAILY coaching session will guide you on what to do/how to use.* • *You will need a notebook to complete your Problem-Solving Framework activity.*
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 8 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 8 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.**