GRP

GUT REBALANCING PROTOCOL

MODULE 1 – PREPPED FOR SUCCESS…

INSTRUCTIONS…

🌼 FIRST… read 'Module 1 – Prepped for Success' handbook, then over the course of this week… ACTION the activities listed below.
💡 Every day, open your mobile phone 📲 calendar & create a NEW event that is your "GRP ME" time. Scheduling in time for your GRP activities, is 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.
⚠️ Each week's MODULE (in your Member Hub) is released on a Saturday evening in readiness for the start of your module week on Monday.

GRP MATERIALS	TIME REQ.	ACTIVITY
Module 1 – Prepped for Success handbook	45-mins	Read **Module 1 – Prepped for Success** handbook, slowly, a couple of times. This has all the information about Module 1.
Personal Health Assessment [PHA]	20-mins	1. Choose either the **Digital Fill PHA** or **Hand Fill PHA** version. *We strongly recommend you use the Digital Fill version, as the other version is 98-pages – get savvy and save a tree!* 2. When using the Digital fill PHA version will need to have the Free Adobe Reader app installed. Open the **Digital Fill PHA** using the app to access all the features of dropdown menus (saving you a heap of time!) 3. Do JUST your measurements and record them on your **PHA**. Preferably on Sunday or Monday. Do NOT measure again until instructed!
Personal Health Assessment [PHA]	20-mins a day	Just do a section a day of your **PHA** or feel free to put aside a couple of hours and do in one block if you wish!
Kitchen Basics	10-mins	Peruse the list and check off **Kitchen basics** you have, and any you need.
Prepped for Success handbook	30-mins+	Talk with the family. Read this POST in the GRP Hub (and leave a comment)
Prepped for Success handbook	15-mins+	Talk with the friends (colleagues)
Me Schedule	30-mins	Create your OWN **Me Schedule** following the directions in the Gut Health Library section on your Module 1 page (Member Hub).
Module 1 (Member Hub)	🕘	Delve into the topics in Module 1's Gut Health Library.
Week 2 Food Prescription	30-mins	FRIDAY… Write in 'the day you'll eat' each of the 5 dinners listed on your **Week 2 Food Prescription** 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.
Week 2 Shopping List & Ingredients A-Z sheet	30-mins	FRIDAY… Read your **Week 2 Shopping list** and corresponding **Ingredients A-Z** list *before* you go shopping. Then head off shopping on Saturday.
Week 2 Food Prescription	3.5 hrs approx.	Saturday/Sunday, put some music on and do your **Weekend Essential Preparation** in readiness for a smooth-sailing eating week.