



PHDsynergy Metabolic Survival Kit

Your Starter Kit for Metabolic Health,
Fat Loss, and Sustainable Energy

■ NUTRITION

■ SLEEP

■ ACTIVITY


■ MINDSET

Welcome & Contents

Welcome! This kit combines the **Four Pillars of Metabolic Health** with practical tools you can use immediately. Track your habits, plan your week, and uncover where small changes can make a big difference.

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 **Four Pillars of Metabolic Health — Free eBook**
Your foundational guide to Nutrition, Sleep, Activity & Mindset.

[Download Free eBook ↗](#)

Daily Foundations Checklist

Your Simple Daily Path to Metabolic Stability and Sustainable Fat Loss

NUTRITION

- Prioritize protein at meals
- Eat whole, nutrient-dense foods
- Eat until satisfied, not overfull
- Control carbohydrates
- Avoid sugar & refined seed oils

SLEEP & RECOVERY

- 7–9 hrs sleep opportunity
- Limit late-night eating
- Get natural light during the day
- Wind down before bedtime
- Manage stress intentionally

ACTIVITY & EXERCISE

- Intentional exercise or resistance work
- Prioritize protein for muscle maintenance
- Avoid a full sedentary day
- Stay generally active
- Include mobility/posture work

MINDSET / MCBT

- Practice MCBT tools
- Focus on progress over perfection
- Reflect on daily wins
- Notice & challenge unhelpful thoughts
- Take one small action aligned with goals

DAILY SNAPSHOT

Consistency Score

/ 20

Energy

Low Moderate Strong

Hunger

High Controlled Minimal

Focus

Foggy Fair Sharp

Quick Food Guide

Fuel your metabolism with intention. Choose foods that work *with* your biology.

✓ APPROVED FOODS

Eat freely or as directed

MEATS

Beef (all cuts) · Pork (bacon, chops, roast) · Lamb, bison, elk, venison · Chicken, turkey

SEAFOOD

Fish & seafood (any variety)

EGGS & DAIRY

Eggs (any style) · Butter, ghee, tallow · Full-fat dairy (if tolerated)

PLANTS (OPTIONAL / LIMITED)

Low-toxin vegetables · Avocado (*limited*) · Olives & olive oil (*limited*)

FLAVOR & SEASONING

Herbs, spices, salt

BEVERAGES

Coffee & tea (unsweetened) · Electrolytes (clean ingredients)

✗ FOODS TO AVOID

Limit or eliminate

SUGARS

Table sugar, syrups, candies

GRAINS

Wheat, oats, corn, rice

INFLAMMATORY OILS

Canola, soybean, corn, safflower, sunflower · Vegetable/seed oil-based mayo or dressings

PROCESSED & PACKAGED

Processed foods & snacks · Industrial baked goods · Highly processed keto products · Anything “low-fat” or “fat-free” processed

SWEETENERS & ADDITIVES

Artificial sweeteners (*except stevia & monk fruit*) · Beans, lentils, soy products · High-fructose fruits

BEVERAGES

Diet sodas, sports drinks · Energy drinks · Alcohol (beer & sugary cocktails)

Ready to go deeper?

Get personalized guidance built around your metabolism, your life, your goals.

👉 [Book Your Free Discovery Call](#)

Metabolic Health Self-Assessment

Are You Doing Everything Right But Still Stuck?

Check the boxes that reflect your typical week. 1 point per ✓.

PILLAR & FOCUS	CHECK EACH DAY YOU COMPLETED THIS PILLAR							TOTAL
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
■ NUTRITION Prioritize protein, control carbs, whole foods, avoid sugar, eat until satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
■ SLEEP & RECOVERY 7–9 hrs, wind down, stress management, natural light, feel rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
■ ACTIVITY & EXERCISE Exercise/movement, protein for muscle, mobility, avoid sedentary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
■ MINDSET / MCBT Practice MCBT, challenge thoughts, focus on progress, one small action, reflect on wins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—

WEEKLY TOTAL SCORE / 28

16 – 20 ★

Doing well — small tweaks unlock the next level of gains

11 – 15 ▶

Solid habits — hidden gaps are quietly slowing your progress

0 – 10 ▲

Multiple pillars need attention — targeted support will transform results

Your score reveals your next step.
 Let's build a plan that targets your exact gaps.

👉 Book Your Free Discovery Call

Weekly Success & Habit Tracker

STEP 1 — WEEKLY OVERVIEW

#	PRIORITY GOAL	PILLAR FOCUS	NOTES / MOTIVATION
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____

STEP 2 — DAILY HABIT TRACKING

HABIT / PILLAR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
■ NUTRITION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
■ SLEEP & RECOVERY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
■ ACTIVITY & EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
■ MINDSET / MCBT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STEP 3 — DAILY REFLECTION

DAY	WINS	CHALLENGES	ENERGY / FOCUS / MOOD
Mon	_____	_____	_____
Tue	_____	_____	_____
Wed	_____	_____	_____
Thu	_____	_____	_____
Fri	_____	_____	_____
Sat	_____	_____	_____
Sun	_____	_____	_____

STEP 4 — WEEKLY SUMMARY

TOTAL WINS	BIGGEST SUCCESS	BIGGEST CHALLENGE	ADJUSTMENTS NEXT WEEK
<div style="display: flex; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #28a745; margin-right: 5px;"></div> / 28 </div>	_____	_____	_____



YOUR NEXT STEP

Consistently tracking your habits is powerful — personalized guidance accelerates results.

Book your **Free Discovery Call** to uncover your personalized roadmap to metabolic success — built around your biology, your habits, and your goals.

■ NUTRITION

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PHDsynergy.com



Four Pillars eBook

Download your free guide to metabolic health



Uncover Your Gaps

Identify exactly which pillars are holding you back



Get Your Roadmap

A personalized plan built for your metabolism and life



Accelerate Results

Stop guessing — start
progressing with guided
support

