

Robin's 15-Day Hormone Reset

Workbook Guided Practice 15



Robin Nielsen





Hormone Reset

Guided Practice 15

Next Steps

Just like pleasure takes planning, getting healthy and staying healthy takes not only planning, but constant conscientiousness.

❖ My ONE big takeaway from each day:

Mind: _____

Food + Nourish: _____

AM Routine: _____

Movement: _____

Hormone Elixirs: _____

Sleep: _____

Calm + Soothe + Restore: _____

Relationships: _____

Cravings: _____

PM Routine: _____

Intimacy: _____

Vitamins: _____

Digestion: _____

Pleasure: _____



❖ Every day I commit to:

❖ My BEFORE and AFTER Hormone Assessments Scores for each section are*:

A: Before _____ After _____

B: Before _____ After _____

C: Before _____ After _____

D: Before _____ After _____

E: Before _____ After _____

F: Before _____ After _____

G: Before _____ After _____

H: Before _____ After _____

*Be sure to give yourself the full fifteen days in the program following the suggestions before taking the assessment again. Remember...how you feel is much more important than lab numbers.

❖ Notes:

