

Appendix A: *The Metabolic Factor* Daily Checklists

The following weekly checklists represent all of the steps you need to successfully complete *The Metabolic Factor* program. If you want to use them every day, simply make photocopies, or go to <http://www.metabolicfactor.com/checklists> and download a PDF version that can be printed.

Basic Plan Checklist

Week One (Days 1–7)	✓
On the morning of Day 1 of the program, make sure to complete your “Program Start” assessments in your Metabolic Progress Tracker.	
Nutrition	
Eat the meals as specified in <i>The Metabolic Factor 10-Minute Meals</i> , or “roll your own” meals. No snacking between meals, and no foods not on the lists.	
No carb feast this week.	
Movement	
Walk 10,000 steps per day.	
Sleep	
Go to bed 15 minutes earlier this week.	
Stress Management	
Do the “Relaxing Breath” exercise (4:7:8) at least twice a day.	
Detoxification	
Take five warm baths this week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	

Week Two (Days 8–14)	✓
On the morning of Day 8 of the program, make sure to complete your weekly assessments in your Metabolic Progress Tracker.	
Nutrition	
Eat the meals as specified in <i>The Metabolic Factor 10-Minute Meals</i> , or “roll your own” meals. No snacking between meals, and no foods not on the lists.	
Carb feast on the night of Day 10.	

Carb feast on the night of Day 14.	
Movement	
Walk 10,000 steps per day.	
Sleep	
Go to bed 15 minutes earlier than you did last week.	
Stress Management	
Do the “Relaxing Breath” exercise (4:7:8) at least twice a day.	
Detoxification	
Take five warm baths this week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	

Week Three (Days 15–22)	✓
On the morning of Day 15 of the program, make sure to complete your weekly assessments in your Metabolic Progress Tracker.	
Nutrition	
Eat the meals as specified in <i>The Metabolic Factor 10-Minute Meals</i> , or “roll your own” meals. No snacking between meals, and no foods not on the lists.	
Carb feast on the night of Day 18.	
Carb feast on the night of Day 22.	
Movement	
Walk 10,000 steps per day.	
Sleep	
Go to bed 15 minutes earlier than you did last week.	
Stress Management	
Do the “Relaxing Breath” exercise (4:7:8) at least twice a day.	
Detoxification	
Take five baths per week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	

Program End (Day 22)	
Make sure you complete your “Program End” assessment in your Metabolic Progress Tracker. Do this the morning before your final carb feast.	

Advanced Plan Checklist

Week One (Days 1–7)	✓
On the morning of Day 1 of the program, make sure to complete your “Program Start” assessments in your Metabolic Progress Tracker.	
Nutrition	
Eat the meals as specified in <i>The Metabolic Factor 10-Minute Meals</i> , or “roll your own” meals. No snacking between meals, and no foods not on the lists.	
No carb feast this week.	
Movement	
Walk 10,000 steps per day. Add intervals.	
Sleep	
Go to bed 15 minutes earlier this week.	
Your goal is to get <i>at least</i> 7 hours of restful sleep per night. Integrate the other steps above as needed to achieve this goal.	
Stress Management	
Do the “Relaxing Breath” exercise (4:7:8) at least twice a day.	
Find activities you enjoy doing, and schedule three hours each week to do them.	
Detoxification	
Take five baths per week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	
Buy organic versions of the “Dirty Dozen Plus.”	
As much as possible, stick to grass-fed, pastured protein and eggs, and wild-caught fish.	
Avoid GMOs and MSG.	
Drink clean.	

Week Two (Days 8–14)	✓
On the morning of Day 8 of the program, make sure to complete your weekly assessments in your Metabolic Progress Tracker.	
Nutrition	
Eat the meals as specified in <i>The Metabolic Factor 10-Minute Meals</i> , or “roll your own” meals. No snacking between meals, and no foods not on the lists.	
Carb feast on the night of Day 10.	
Carb feast on the night of Day 14.	
Keep the “no-fly” list of foods out of your diet, even during your carb feast.	
Movement	
Walk 10,000 steps per day. Add intervals.	
Sleep	
Go to bed 15 minutes earlier than you did last week.	
Your goal is to get at least 7 hours of restful sleep per night. Integrate the other steps above as needed to achieve this goal.	
Stress Management	
Do the “Relaxing Breath” exercise (4:7:8) at least twice a day.	
Find activities you enjoy doing, and schedule three hours each week to do them.	
Detoxification	
Take five baths per week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	
Buy organic versions of the “Dirty Dozen Plus.”	
As much as possible, stick to grass-fed, pastured protein and eggs, and wild-caught fish.	
Avoid GMOs and MSG.	
Drink clean.	
Week Three (Days 15–22)	✓

On the morning of Day 15 of the program, make sure to complete your weekly assessments in your Metabolic Progress Tracker	
Nutrition	
Eat the meals as specified in <i>The Metabolic Factor 10-Minute Meals</i> , or “roll your own” meals. No snacking between meals, and no foods not on the lists.	
Carb feast on the night of Day 18.	
Carb feast on the night of Day 22.	
Keep the “no-fly” list of foods out of your diet, even during your carb feast.	
Movement	
Walk 10,000 steps per day. Add intervals.	
Sleep	
Go to bed 15 minutes earlier than you did last week.	
Your goal is to get at least 7 hours of restful sleep per night. Integrate the other steps above as needed to achieve this goal.	
Stress Management	
Do the “Relaxing Breath” exercise (4:7:8) at least twice a day.	
Find activities you enjoy doing, and schedule three hours each week to do them.	
Detoxification	
Take five baths per week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	
Buy organic versions of the “Dirty Dozen Plus.”	
As much as possible, stick to grass-fed, pastured protein and eggs, and wild-caught fish.	
Avoid GMOs and MSG.	
Drink clean.	
Program End (Day 22)	
Make sure you complete your “Program End” assessment in your Metabolic Progress Tracker. Do this the morning before your final carb feast.	