Resolute

burnN RX

Scientific **Fat Loss**

Sample Person

37 years | **Male**

Scan QR to access your
Personalised Blueprint on **App**

30th January '26 | Blueprint V1

Table of *Contents*

1 Your *Biomarkers* 1 - 5

Journey Summary
burnN Journey
Adiposity Atlas
Atlas Summary
Goal Trackers

2 Your *Health Insights* 9 - 16

Indicators & Biomarkers Analysis
Plan of action
Medical Insights

3 Your *Action Plan* 17 - 27

Supplement Roster
Meal Protocol
Movement
Sleep & Circardian Health
Stress Management
Environment

Journey *Summary*

Thoughtfully designed. Clinically Guided.

Name	Sample Person
Journey Purchased	burnN with **GLP1**
Diagnostics Performed	January 22nd 2026 – Ultra Man (75+ Biomarkers)
Upcoming Diagnostics	Essential Blood Test
Duration	Jan 20, 2026 – April 20, 2026
Care Touch Points	**2** Physician Consultations **4** Health Coach Sessions

Your Care Team

Chief Medical Officer · **Dr. Gurmeet Balla**

General Physician · **Dr. Sneha Jana**

Pharmacologist · **Dr. Varsha Prasad**

Lead Health Coach · **Subhisha S.**

Your burnN Kit includes:

Weight Scale

Measuring Tape

At-home exercise kit · Pulling bands + Stretching bands

Dosing kit · Medication for 6 weeks, Consumables, System Management Rx

Tracker Sheet

Member History

Medical Conditions

- Diagnosed with Anxiety disorder for the past 8 years.

Medication List

- Currently on Veniz XR (Venlafaxine XR) 75 mg once daily (0-0-1)
- Clonotril (SOS)

Clinical Summary

- Reports binge eating, weekly binge drinking, and regular smoking.
- Lifestyle pattern includes sedentary behaviour, irregular meals, and very limited home-cooked food intake.

burnN Journey

Onboarding Phase: 1st week

- Consent form
- BurN Welcome kit
- Diagnostic Test - Scheduled
- Pharmacologist Consultation
- Health Status Assessment
- Doctor Consultation
- Pharmacologist Consultation
- Health Coach Consultation
- BurN Kit - Dispatch

Active Phase: 2nd to 12th week

- **Week 1:** Active dosing / Standard dosing
- **Week 3:** Health Coach Consultation (Review + Coaching)
- **Week 5:** Doctor & Pharmacologist Review (Dose Titration)
- **Week 6:** Health Coach Consultation (Review + Coaching)
- **Week 10:** Milestone Review with Pharmacologist
- **Week 11:** Dose titration down
- **Week 12**: Final Evaluation & Sustained Phase Planning Discussion

Sustain Phase: 13th to 24th Week

During the sustained phase, the medication dose is reduced while greater focus is placed on nutrition and strength training. The goal is to help maintain results, prevent weight regain, and build mindful habits that support a healthy, sustainable lifestyle.

This protocol is personalised based on individual health data and is adjusted under medical supervision. Not a substitute for emergency care.

Adiposity Atlas

A diagnostic framework that explains why an individual is gaining or retaining fat.

Height	Weight	WHR	Visceral Fat Levels	Body Type
176 cms	112.2 kgs	1.07	18	Apple

EXTERNAL

Circadian Regulation

Optimal | Impaired

• Impaired

Energy Balance

Optimal | Excess

• Excess

EXTERNAL

Stress Regulation

Regulated | Dysregulated

• Dysregulated

Inflammation Status

Optimal | Impaired

• Impaired

Thyroid Status

Optimal | Impaired

• Optimal

Nutrient Status

Sufficient | Insufficient | Deficient

• Insufficient

INTERNAL

– cms

Waist & Hip Size

– cms

INTERNAL

Metabolic Status

Optimal | Impaired

• Impaired

Gut *Health* Status

Optimal | Impaired

• Optimal

Hormonal Status

Balanced | Excess | Imbalanced

• Imbalanced

EXTERNAL

Environmental Status

Optimal | Impaired

• Optimal

EXTERNAL

Activity Level

Active | Sedentary

• Sedentary

Healthy — Obese

Elevated

• 35%

Body Fat Percentage

• ≥20% • 10% - 20% • 0% - 10%

Atlas *summary*

8
Impaired Systems

- Circadian Regulation
- Stress Regulation
- Energy Balance
- Inflammation Status
- Nutrient Status
- Metabolic Status
- Hormonal Status
- Activity level

3
Optimal Systems

- Environmental Status
- Thyroid Status
- Gut Health Status

Predicted Fat Storage pattern



Visceral Fat

- High Impact

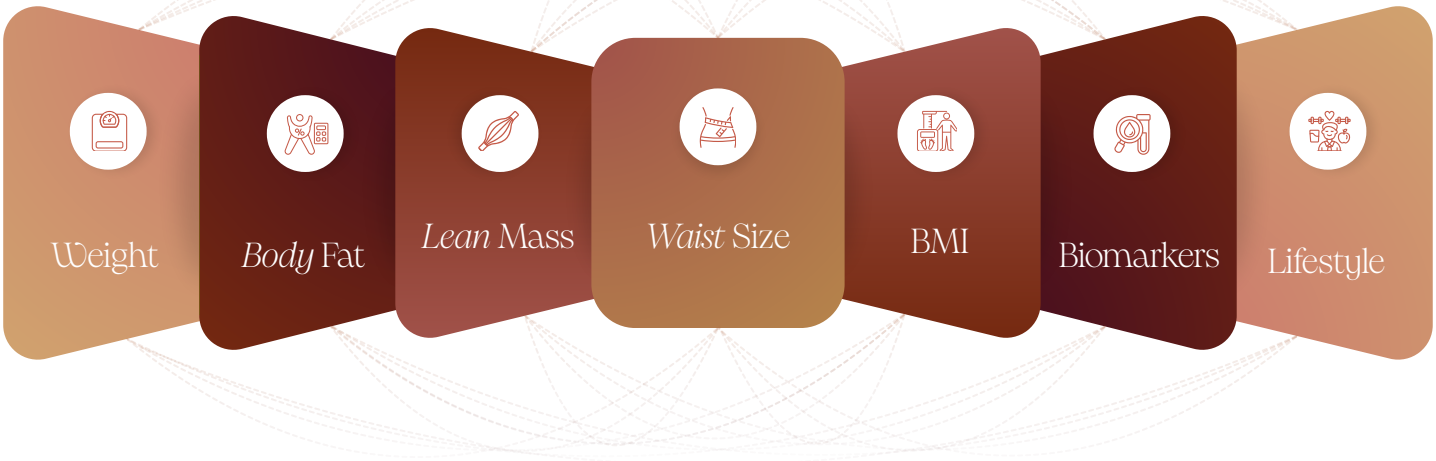
Subcutaneous Fat

- Medium Impact

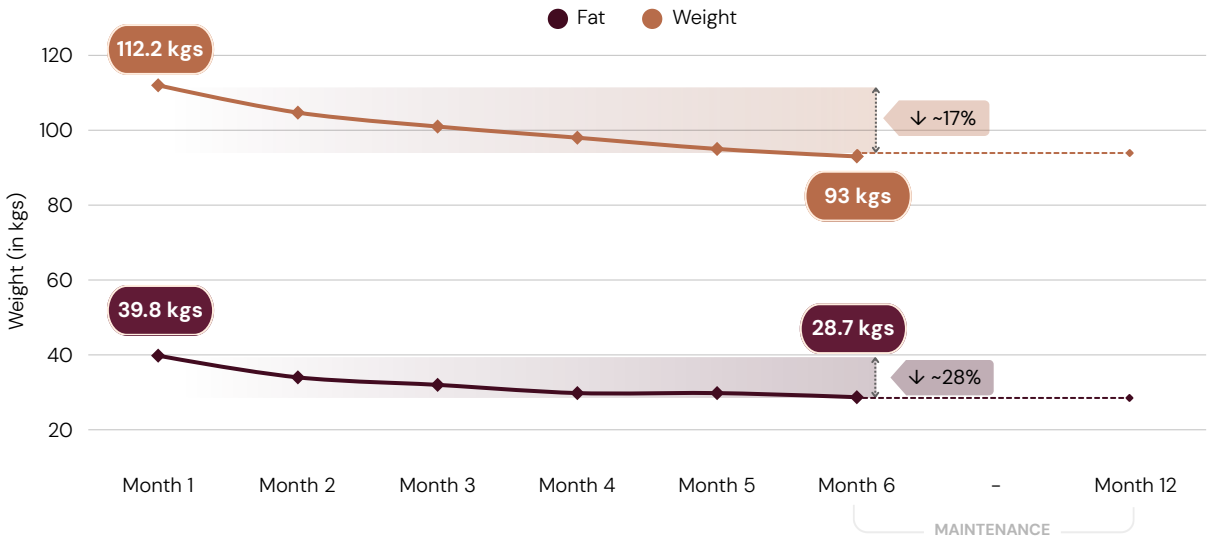
Ectopic Fat

- Medium Impact

Goal *Trackers*



Your Predicted burnN Trajectory



Disclaimer: This projected trajectory is based on clinical evidence and is achievable only with consistent adherence to the prescribed care plan and treatment protocol. Individual outcomes may vary.

Biomarker *Analysis*

37	30	31
Optimal	Moderate	Needs Attention

Biomarker	Default Current Jan 21 2026	Optimal Range	Standard Range	Units
BLOOD GLUCOSE				
Glucose Fasting	101.60 ↑↑	75.00 - 86.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.40 ↑	4.60 - 5.30	0 - 5.70	%
eAG	108.30 ↑	85.00 - 105.00	82.00 - 154.00	mg/dL
Insulin	21.50 ↑↑	2.00 - 5.00	0 - 18.40	µIU/mL
HOMA2-%B	151.70 ↑↑	90.00 - 110.00	70.00 - 120.00	%
HOMA2-%S	35.60 ↓↓	85.00 - 200.00	75.00 - 250.00	%
HOMA2-IR	2.80 ▲	0.75 - 1.25	0.50 - 1.75	Index
QUICKI	0.30 ↓↓		0.35 - 0.45	Index
Triglyceride-Glucose Index (TyG)	4.86 ↑↑	0 - 4.40	0 - 4.50	Index
RENAL				
BUN	12.90	10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine	0.88	0.80 - 1.10	0.40 - 1.50	mg/dL
BUN/Creatinine	14.66	10.00 - 16.00	6.00 - 22.00	Ratio
PROSTATE				
PSA - Total	0.51	0 - 2.00	0 - 4.00	ng/mL
ELECTROLYTES				
Sodium	141.00	137.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	4.10	4.00 - 5.00	3.50 - 5.30	mEq/L
Chloride	99.00 ↓	100.00 - 108.00	98.00 - 110.00	mEq/L
METABOLIC				
Uric Acid	5.50 ↑	3.50 - 5.40	3.45 - 8.00	mg/dL
Creatine Kinase (CK)	156.00 ↑	65.00 - 135.00	44.00 - 196.00	U/L
PROTEINS				
Protein - Total	8.20 ↑↑	6.90 - 8.10	6.10 - 8.10	g/dL
Albumin	4.80	4.50 - 5.00	3.60 - 5.10	g/dL
Globulin - Total	3.40 ↑	2.40 - 2.80	1.90 - 3.70	g/dL
Albumin/Globulin Ratio	1.40	1.40 - 2.10	1.00 - 2.50	ratio
IMMUNOGLOBULINS				
IgE, serum	220.00 ↑↑	2.00 - 100.00	0 - 114.00	IU/mL

Biomarker *Analysis*

37	30	31
Optimal	Moderate	Needs Attention

Biomarker	Default Current Jan 21 2026	Optimal Range	Standard Range	Units
Uric Acid	5.50 ↑	3.50 - 5.40	3.45 - 8.00	mg/dL
Creatine Kinase (CK)	156.00 ↑	65.00 - 135.00	44.00 - 196.00	U/L
PROTEINS				
Protein - Total	8.20 ↑↑	6.90 - 8.10	6.10 - 8.10	g/dL
Albumin	4.80	4.50 - 5.00	3.60 - 5.10	g/dL
Globulin - Total	3.40 ↑	2.40 - 2.80	1.90 - 3.70	g/dL
Albumin/Globulin Ratio	1.40	1.40 - 2.10	1.00 - 2.50	ratio
IMMUNOGLOBULINS				
IgE, serum	220.00 ↑↑	2.00 - 100.00	0 - 114.00	IU/mL
MINERALS				
Calcium	9.19	8.90 - 9.50	8.60 - 10.40	mg/dL
Phosphorus	4.52 ↑↑	2.60 - 3.50	2.50 - 4.50	mg/dL
Magnesium - Serum	2.58 ↑↑	2.20 - 2.50	1.50 - 2.50	mg/dL
Calcium : Phosphorus	2.03 ↓	2.30 - 3.20	1.90 - 4.20	ratio
LIVER AND GB				
Alkaline Phosphatase	87.00	45.00 - 100.00	35.00 - 150.00	IU/L
AST	40.80 ↑↑	10.00 - 26.00	10.00 - 35.00	IU/L
ALT	77.10 ↑↑	10.00 - 26.00	6.00 - 29.00	IU/L
Bilirubin - Total	0.83	0.50 - 0.90	0.20 - 1.20	mg/dL
Bilirubin - Direct	0.32 ↑↑	0.10 - 0.15	0 - 0.20	mg/dL
Bilirubin - Indirect	0.51	0.40 - 0.75	0.20 - 1.20	mg/dL
GGT	327.00 ⚠	10.00 - 17.00	3.00 - 85.00	IU/L
AST : ALT	0.53	0 - 1.00	0 - 1.50	Ratio
IRON MARKERS				
Iron - Serum	191.70 ↑↑	85.00 - 130.00	50.00 - 180.00	µg/dL
TIBC	348.50	250.00 - 350.00	250.00 - 425.00	µg/dL
UIBC	156.80	130.00 - 300.00	110.00 - 350.00	µg/dL
% Transferrin saturation	55.00 ↑↑	24.00 - 35.00	20.00 - 48.00	%
Transferrin	243.90	200.00 - 360.00	200.00 - 390.00	mg/dL
LIPIDS				
Cholesterol - Total	176.80	160.00 - 199.00	125.00 - 199.00	mg/dL
Triglycerides	165.10 ↑↑	50.00 - 80.00	0 - 149.99	mg/dL
LDL Cholesterol	101.70 ↑↑	80.00 - 99.99	0 - 99.99	mg/dL
HDL Cholesterol	42.10 ↓	55.00 - 93.00	40.00 - 100.00	mg/dL
Non-HDL Cholesterol	134.70 ↑↑	70.00 - 99.00	0 - 129.99	mg/dL

Biomarker *Analysis*

37	30	31
Optimal	Moderate	Needs Attention

Biomarker	Default Current Jan 21 2026	Optimal Range	Standard Range	Units
VLDL Cholesterol	33.00 ⚠	0 - 15.00	0 - 30.00	mg/dL
Total Cholesterol/HDL-C Ratio	4.20 ↑	0 - 3.00	0 - 5.00	Ratio
Triglyceride:HDL	3.92 ⚠	0.50 - 1.90	0 - 2.00	ratio
LDL : HDL	2.42 ↑	0 - 2.28	0 - 4.90	Ratio
CARDIOMETABOLIC				
Homocysteine	12.66 ↑ ↑	5.00 - 7.20	0 - 10.30	µmol/L
Atherogenic Index of Plasma (AIP)	0.23 ↑ ↑		-0.50 - 0.11	Index
THYROID				
TSH	3.52 ↑	1.00 - 2.00	0.40 - 4.50	mIU/L
T4 - Total	6.09	6.00 - 11.90	4.50 - 12.00	µg/dL
T4 - Free	0.99 ↓	1.00 - 1.50	0.80 - 1.80	ng/dL
T3 - Total	146.00	90.00 - 168.00	76.00 - 181.00	ng/dL
T3 - Free	3.56 ↑	3.00 - 3.50	2.30 - 4.20	pg/mL
Free T3 : Free T4	3.60 ↑ ↑	2.40 - 2.70	2.20 - 2.90	Ratio
INFLAMMATION				
Hs CRP	0.84 ↑	0 - 0.55	0 - 1.00	mg/L
C-Reactive Protein	0.90	0 - 3.00	0 - 7.90	mg/L
Neutrophil : Lymphocyte (NLR)	0.84 ↓ ↓	1.00 - 1.70	1.00 - 3.00	Ratio
Platelet : Lymphocyte (PLR)	65.24	0 - 128.00	0 - 150.00	Ratio
VITAMINS				
Vitamin D (25-OH)	13 50 ⚠	50.00 - 90.00	30.00 - 100.00	ng/mL
Vitamin B12	397.00 ↓	545.00 - 1100.00	200.00 - 1100.00	pg/mL
Folate - Serum	8.10 ↓	15.00 - 27.00	5.50 - 27.00	ng/mL
HORMONES				
DHEA-S	396.00 ↓	435.00 - 617.00	74.00 - 617.00	µg/dL
FSH	3.74	1.60 - 8.00	1.40 - 12.80	mIU/mL
LH	4.83	1.50 - 6.15	1.50 - 9.30	mIU/mL
Testosterone Total	448.00 ↓	700.00 - 1100.00	250.00 - 1100.00	ng/dL
Testosterone Free	109.00 ↓	150.00 - 224.00	46.00 - 224.00	pg/mL
Sex Hormone Binding Globulin	20.90 ↓	40.00 - 46.00	10.00 - 50.00	nmol/L
Estradiol	40.70 ↑ ↑	24.00 - 39.00	0 - 39.00	pg/mL
Progesterone	0.44	0.38 - 0.90	0.20 - 1.30	ng/mL
Prolactin	31 30 ⚠	2.00 - 10.00	2.00 - 18.00	ng/mL
Cortisol - Total/AM	17.10 ↑	10.00 - 15.00	4.00 - 22.00	µg/dL
Cortisol : DHEA-S	0.04		0 - 0.09	ratio
Testosterone Bioavailable	285.08 ↓	375.00 - 575.00	110.00 - 575.00	ng/dL

Biomarker *Analysis*

37 Optimal

30 Moderate

31 Needs Attention

Biomarker	Default Current Jan 21 2026	Optimal Range	Standard Range	Units
% Testosterone Bioavailable	63.63	53.00 - 65.00	35.00 - 65.00	%
% Testosterone Free	2.43	2.00 - 3.00	2.00 - 4.00	%
RBCS				
RBC	5.98 ↑↑	4.80 - 5.50	4.20 - 5.80	m/cumm
Hemoglobin	16.90 ↑	14.00 - 15.00	13.20 - 17.10	g/dL
Hematocrit	49.00 ↑	40.00 - 48.00	38.50 - 50.00	%
MCV	82.00	82.00 - 89.90	80.00 - 100.00	fL
MCH	28.30	28.00 - 31.90	27.00 - 33.00	pg
MCHC	34.50	34.00 - 36.00	32.00 - 36.00	g/dL
Platelets	244.00	190.00 - 300.00	140.00 - 400.00	10E3/uL
MPV	8.20	7.50 - 8.20	7.50 - 11.50	fL
RDW	13.00 ↑	11.00 - 12.60	11.00 - 15.00	%
WBCS				
Total WBCs	7.70 ↑	3.80 - 6.00	3.80 - 10.80	k/cumm
Neutrophils - %	40.90 ↓	50.00 - 60.00	38.00 - 74.00	%
Lymphocytes - %	48.70 ↑↑	30.00 - 35.00	14.00 - 46.00	%
Monocytes - %	8.00 ↑	4.00 - 7.00	4.00 - 13.00	%
Eosinophils - %	2.00		0 - 3.00	%
asophils - %	0.40		0 - 1.00	%
Neutrophils - Absolute	3.14	1.90 - 4.20	1.50 - 7.80	k/cumm
Lymphocytes - Absolute	3.74 ↑	1.44 - 2.54	0.85 - 3.90	k/cumm
Monocytes - Absolute	0.60 ↑	0.20 - 0.40	0.20 - 0.95	k/cumm
Eosinophils - Absolute	0.10	0.03 - 0.20	0 - 0.50	k/cumm
Basophils - Absolute	0.03	0 - 0.11	0 - 0.20	k/cumm

Health *Indicators*

Metabolic Status

Blood Sugar Regulation

Dysregulated

Rationale:
HbA1c ↑, Fasting Blood Sugar ↑, Insulin Fasting ↑, HOMA-IR ↑, Triglycerides ↑, HDL Cholesterol ↓

Biomarkers Considered:
HbA1c, Fasting Blood Sugar, Insulin Fasting, HOMA-IR, Fructosamine, Triglycerides, HDL Cholesterol

Liver Function (General)

Dysregulated

Rationale:
ALT (SGPT) ↑, AST (SGOT) ↑, GGT ↑, Protein Total ↓, Globulin ↑

Biomarkers Considered:
ALT (SGPT), AST (SGOT), Bilirubin Total, Albumin Serum, Alkaline Phosphatase, GGT, Protein Total, Globulin

HOMA IR

Insulin Resistant

Rationale:
Insulin Fasting ↑, Glucose fasting ↑

Biomarkers Considered:
Insulin Fasting, Glucose fasting

Cardiovascular Health

Dysregulated

Rationale:
LDL Cholesterol ↑ , HDL Cholesterol ↑ , VLDL Cholesterol ↓

Biomarkers Considered:
Total Cholesterol, LDL Cholesterol, Triglycerides, Total Cholesterol/HDL Ratio, Apo B, HDL Cholesterol, VLDL Cholesterol, Apo A1, Triglycerides/HDL Ratio, Apo B:A1 Ratio

Thyroid Status

Optimal

Rationale:
TSH ↑

Biomarkers Considered:
TSH, Free T4, Total T4, Free T3, Total T3, Cholesterol Total, Overweight

Health *Indicators*

Hormonal Status

Testosterone Levels (Men)

Deficient

Rationale:
Free Testosterone ↓, Total Testosterone ↓, FSH ↓, SHBG ↓, Fasting Insulin ↑, HsCRP↑, Vitamin D ↓

Biomarkers Considered:
Free Testosterone, Total Testosterone, LH, FSH, SHBG, Fasting Insulin, HsCRP, Vitamin D, Total Cholesterol

Estrogen Levels (Men)

Excess

Rationale:
Estradiol ↑, Total Testosterone ↓, SHBG ↓, LH ↓, hsCRP ↑, ALT (SGPT) ↑, AST (SGOT) ↑

Biomarkers Considered:
Estradiol, Testosterone : Estradiol Ratio, Total Testosterone, SHBG, LH, Fasting Insulin, hsCRP, Triglycerides / HDL Ratio, ALT (SGPT), AST (SGOT)

Prolactin Levels (Men)

Excess

Rationale:
Prolactin ↑, TSH ↑, Free T4 ↓, Total Testosterone ↓, Free Testosterone ↓

Biomarkers Considered:
Prolactin, TSH, Free T4, Total Testosterone, Free Testosterone, LH, FSH

Nutrient Status

Vitamin D Levels

Deficient

Rationale:
Vitamin D (250%OH) ↓, Phosphorus ↓, Alkaline Phosphatase ↑

Biomarkers Considered:
Vitamin D, Calcium, Phosphorus, Alkaline Phosphatase, Bone density

Vitamin B12 Levels

Deficient

Rationale:
Vitamin B12 ↓, Homocysteine ↑

Biomarkers Considered:
Vitamin B12, Homocysteine, MCV, Hemoglobin

Health *Indicators*

Folate Levels

Deficient

Rationale:
Folate ↓, Homocysteine ↑, Vitamin B12 ↓

Biomarkers Considered:
Folate, Homocysteine, MCV, Hemoglobin, Vitamin B12

Iron Levels

Optimal

Rationale:
-

Biomarkers Considered:
Iron, Ferritin, % Transferrin Saturation, TIBC, Hemoglobin, MCV, MCH, MCHC

Inflammation Status

Impaired

Rationale:
HsCRP ↑

Biomarkers Considered:
HsCRP, Ferritin, CRP, Total WBC, Neutrophils %

Other Indicators

Stress Regulation

Dysregulated

Rationale:
Cortisol AM ↑

Biomarkers Considered:
Cortisol AM, Stress Assessment

Energy Balance

Excess

Rationale:
Fasting Glucose ↑, HbA1c ↑, Triglycerides ↑, Phosphorus ↑

Biomarkers Considered:
Food log, Fastiing Glucose, HbA1c, Fasting Insulin, Triglycerides / HDL Ratio, Triglycerides, Phosphorus

Health *Indicators*

Circadian Regulation

Impaired

Rationale:

Cortisol AM ↑, TSH ↑, Fasting Insulin ↑, hsCRP ↑, Vitamin D (25OH) ↑

Biomarkers Considered:

Cortisol AM, TSH, Fasting Insulin, hsCRP, Vitamin D.

Medical *Insights*

Prescription

Download Prescription PDF

- Mounjaro — for 3 months
- Pantoprazole 40 mg — as needed (SOS)
- Cremaffin — as needed (SOS)
- Imodium 2 mg capsule — as needed (SOS)

Note: Your weight loss prescription will be reviewed weekly by the Doctor

Monitoring *Plan*

Daily

CGM	Fasting Glucose | Pre-Meal | Post Meal | Daily Average Glucose
Symptoms	Nausea | Decreased Appetite | Reduced Cravings | Fullness/Bloated | Reflux/Belching | Constipation | Mild Fatigue | Loose Stools | Injection Site Itch
Exercise	Daily Steps
Nutrition	Daily Meal Plate Photo

Weekly

Medication	Dose taken on schedule
Body Metrics	Weight | Lean Mass | Visceral Fat | Fat Mass
Sleep	Sleep Quality and Sleep Quantity
Exercise	Strength Training | Cardio

Monthly

Body Metrics	**Without BCA** : Waist - Hip Ratio(WHR) | Waist Circumference | Hip-Circumference | BMI **With BCA** : Visceral Fat Level | Body Fat % | Muscle Mass(Kg) | Lean Body Mass
QoL	*Scheduled check-in for overall stress levels*

Supplement Plan



MORNING

Vitamin B12

Nervup OD	1500 mcg

#VitaminB12levels

Dosage : Daily X 8 weeks

When to take : Before Breakfast

Vitamin C

Limcee	1000 mg

#AntioxidantSupport #LiverHealth

Dosage : Daily X 8 weeks

When to take : Before Breakfast

N-acetylcysteine (NAC)

AIWO	600 mg

#BoostsGlutathione #LiverHealth

Dosage : Daily X 8 weeks

When to take : After Breakfast

Folic acid

Folvite	5 mg

#Folate levels

Dosage : Daily X 8 weeks

When to take : After Breakfast

Boron

Now Foods	3 mg

#Bone Health #Hormonal Health

Dosage : Daily X 4 weeks

When to take : After Breakfast

Foundational *Supplements*



MORNING

TMG

AIWO | 1000 mg

#HomocysteineOptimization

Dosage : First 4 weeks - 2 days once
Next 4 weeks - 3 days once

When to take : After Breakfast



AFTERNOON

Vitamin D

AIWO | 60000 IU

Dosage : Weekly once X 8 weeks

When to take : After Breakfast

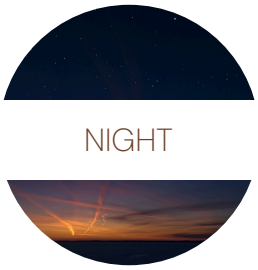
Psyllium Husk

Organic India | 5-10 g with 250 ml of water

#Bloodsugarregulation #cardiovascular regulation

Dosage : Daily X 12 weeks

When to take : 15 minutes Before Lunch



NIGHT

Omega-3 fatty acid

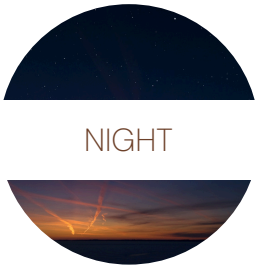
AIWO | 1000 mg

#ImproveCognition&Inflammation

Dosage : (2 capsules) Daily X 8 weeks

When to take : After Dinner

Foundational *Supplements*



NIGHT

Magnesium Glycinate

Nutrija | 200 mg

#Bettersleep

Dosage : Daily X 8 weeks

When to take : One hour before bedtime

L-Theanine

AIWO | 200 mg

#stress reduction

Dosage : Daily X 8 weeks

When to take : One hour before bedtime

Meal Protocol

Protein Demand

120-130 g

Daily target

4-5 palm-sized portions per day

Fiber Demand

35-40 g

Daily target

4-5 fist sized vegetables/fruits per day

Energy Demand

1,800

Calories/day

3 meals and 1-2 snacks

Hydration Demand

3-4 litres

Water/day

8–10 glasses per day, sip throughout the day

Feeding & **Fasting** Windows

Feeding Window

10 hours

Fasting Window

14 hours

Finish last meal 2-3 hours before bedtime to optimize metabolic health and sleep quality

Protein-First Approach

VEG NON-VEG

Target 30-40g protein per meal.

Chicken breast | 100 - 120 g	**Chicken wings** | 3 nos	**Whole eggs boiled** | 4 nos
Chicken thighs | 150 g	**Quail meat** | 2 birds (100 g)	**Egg whites** | 6 nos

Protein content : **20-25 g**

Chicken broth \| 300 ml

Protein content : **6-10 g**

Meal Protocol

Smart Snacking

If needed between meals, focus on:

- **Hydration:** Water, Bone broth or soups, Kombucha, Ginger ale
- **Fiber:** Berries, Carrot and cucumber salad, Other fruits
- **Protein:** Hard boiled eggs, Greek yogurt, Protein shake

Gastric & **Nausea** Support

If you experience gastric issues

- Ginger tea or ginger supplements before meals
- Digestive enzymes with larger meals
- Eat slowly and chew thoroughly
- Avoid lying down for 2-3 hours post-meal

If you experience nausea

- Small, frequent meals instead of large portions
- Peppermint tea or oil capsules
- Avoid greasy foods
- Stay hydrated with small sips of fluid throughout day

Note: These are general recommendations. Consult your health coach if symptoms persist or worsen.

Movement Protocol



Daily Step Target

7.5k-10k

Steps per day



Strength Training

3x

Per Week

Strength Training Plan

Dumbbell **Clean & Press**

SETS : **1-2**
REPS : **12 -15**
SCHEDULE : **3x a week**
REST : **90 sec b/w each set**

Dumbbell **Squat**

SETS : **1-2**
REPS : **12 -15**
SCHEDULE : **3x a week**
REST : **90 sec b/w each set**

Dumbbell **Lunges**

SETS : **1-2**
REPS : **12 -15**
SCHEDULE : **3x a week**
REST : **90 sec b/w each set**

Dumbbell **Floor Press**

SETS : **1-2**
REPS : **12 -15**
SCHEDULE : **3x a week**
REST : **90 sec b/w each set**

Plank **Row**

SETS : **1-2**
REPS : **12 -15**
SCHEDULE : **3x a week**
REST : **90 sec b/w each set**

Protocol: 3-4 sets per exercise, 8-12 reps, 60-90 second rest. Focus on progressive overload - increase weight or reps each week.

Sleep & Circadian Health

Quantity

7-8

Hours per night

Sleep Optimisation Protocol

Morning

- Get sunlight within 30 minutes of waking
- 10-15 minutes outdoor light exposure
- Delay caffeine 60-90 minutes after waking

Evening

- Dim lights 2-3 hours before bed
- Use blue light blocking glasses after sunset
- Stop eating 3-4 hours before bedtime
- Avoid screens 60-90 minutes before bed
- Take magnesium glycinate with last meal

Environment

- Room temperature: 18-20°C (65-68°F)
- Complete darkness (blackout curtains, tape over LEDs)
- White noise or earplugs if needed

Stress Management

Heart Rate Variability (HRV)

Track daily

- Monitor HRV with wearable device
- Low HRV indicates need for recovery/stress management
- Use HRV to guide training intensity and rest days

Box Breathing

Daily / On Demand

Do 5 rounds of slow box breathing before bed to calm the mind, slow the heart rate, and prepare the body for restful sleep.

When to do:

- 10–15 minutes before bedtime
- Can also be used if you wake up at night and can't fall back asleep

How to do:

- Close your eyes.
- Breathe in through your nose while counting to four slowly.
- Hold your breath inside while counting slowly to four.
- Begin to slowly exhale for 4 seconds.

Physiological Sigh

Daily / On Demand

2-3 cycles of physiological sighs rapidly downshift the autonomic nervous system, reduce acute stress, lower cortisol spikes, and promote immediate relaxation and mental clarity

When to do:

- During moments of sudden stress or anxiety
- Before emotionally driven eating or intense cravings
- After a stressful conversation or work demand
- In the evening to downshift before rest
- Anytime you feel tense, restless, or mentally overloaded

How to do:

- Sit or lie comfortably with your spine supported
- Close your eyes and place one hand on your belly
- Inhale deeply through your nose
- Take a second, shorter inhale to fully fill the lungs
- Slowly exhale through your mouth until your lungs are empty
- Repeat for 2–3 cycles, noticing your body relax and breathing slow

Environmental Health

Water Quality

- Use filtered water for drinking and cooking
- Avoid plastic water bottles when possible (BPA, microplastics)
- Get your drinking water tested for quality and contaminants

Air Quality

- Use HEPA air purifier in bedroom and main living spaces
- Open windows daily for fresh air circulation when possible
- Limit exposure to synthetic fragrances, including air fresheners and scented cleaning products
- Monitor indoor air quality using an air quality monitor, if available
- Maintain indoor plants for natural air filtration

Light Exposure

- Maximize exposure to natural daylight during working hours
- Use warm, low-intensity lighting in the evening, avoiding bright overhead lights
- Create a dark sleep environment by using blackout curtains in the bedroom
- Reduce blue light exposure 2–3 hours before bedtime
- Get morning sunlight exposure within 30 minutes of waking to support circadian rhythm

Home Environment

- Minimise use of toxic cleaning products (switch to natural alternatives)
- Limit use of non-stick cookware to reduce potential PFAS exposure
- Prefer glass or stainless-steel containers for food storage instead of plastic
- Maintain regular cleaning and dusting routines to reduce dust, allergens, and indoor pollutants
- Keep indoor humidity between 40–60% to help prevent mold growth

Shopping List

Supplements

Order Full Supplement Kit

- Vitamin B12
- Vitamin C
- N-acetylcysteine (NAC)
- Folic acid
- Boron
- TUDCA
- TMG
- Vitamin D
- Psyllium Husk
- Omega-3 fatty acid
- Magnesium Glycinate
- L-Theanine

Need everything in one delivery?
We'll ship your supplements..
Scan QR code or contact
+91 6360 265 906

Have questions or need clarification?

Our health coaches are here to help.
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