Healthy Habit Tracker for Harmonizing Hormone Health

Easily Track The 6 Daily Habits you Must Adopt to Increase Energy, Reduce Stress & Improve Sleep Quality

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Hormone Health Habit Tracker

Discover & Track The 6 Daily Habits for Optimal Hormonal Health in Your 40s & Beyond!

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Hello!

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Thanks for downloading this guide to improve your hormonal health.

I'm Dr. Menka Gupta, Asia's first IFM certified Functional Medicine Doctor. I help women over 30 achieve **more energy, lower stress and better sleep** so they can live full of vitality and happiness.

This habit tracker is right out of my toolkit when I work with clients, and it's just one part of my signature system for solving hormonal health issues.

You don't have to experience fatigue, anxiety, mood swings and insomnia.

This habit tracker is a clear guide on how to achieve vibrant health.

Hope you enjoy this guide, it is certainly loved by my clients and I know that if you follow it you're well on your way to harmonizing your hormones.

Enjoy!

Dr. Menka Gupta

Six habits

So there are 6 Key Habits that you MUST make your 'new normal' if you want to Increase Energy, Reduce Stress & Improve Sleep Quality.

They may seem super simple, and that's the point. It IS supposed to be simple when you understand how much of an impact our daily habits have on our overall health & wellbeing!

Consistent changes = **better hormonal health**

1. **Drink the right amount of water to hydrate your body** (the formula is 35ml per kilo of body weight - not exceeding 4L) What's your water requirement?
2. **Get 8 hours of sleep every night** if you're tired you tend to make poor food choices, and you also don't repair cells (this happens overnight)
3. **Walk every day for 30 minutes** walking really is the best exercise for fat burning, and it also reduces stress especially if you're walking in a natural environment
4. **Cut out the booze & sugary 'treats'** no, not forever but you can't expect to release body fat if you're consuming alcohol every night or every weekend. It's a killer for your metabolism. So what do you want more - short-term self-comfort or true self-care? We realise these are addictions, and our program can help with this.
5. **Get Sunlight** Exposure to bright light first thing within the first 10 to 15 minutes of waking up helps to support our circadian rhythm and our hormones.
6. **Meditate** to reduce stress hormone levels, because a chronically stressed out body will hold onto fat. There are thousands of free guided meditations online (Spotify & youtube are great places to look)

HEAD TO THE NEXT PAGE FOR YOUR 21-DAY TRACKER (because that's how long it takes to form a new habit!)

HABIT TRACKER

GOAL

	M	T	W	T	F	S	S
DRINK WATER							
8 HRS SLEEP							
WALK 30 MINS							
NO BOOZE OR SUGAR							
GET SUNLIGHT							
MEDITATE							

WHAT WORKED

TO IMPROVE ON

HABIT TRACKER

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next steps...

You now have a formula for better hormonal health. But, here's the thing... for most women dealing with hormone issues it takes more than this alone to truly balance hormones, lose weight, restore energy.

That's why the Habit Tracker is just one part of my complete method. There are so many other elements that all need to be working together so you can transform your health and be more vibrant.

If you would like to explore what else may be causing your hormonal issues and find out how Functional Medicine can help you get better, I invite you to book a FREE 15-minute discovery session now.

I only have a small number of spots for these calls each week, so click now on the link below and grab your spot!

Dr Menka Gupta

BOOK A CALL NOW >>

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