

HERITAGE HAVENS

NUTRITION & PEPTIDE WELLNESS COHORT

Your Personal Wellness Blueprint

Your individualized roadmap — built from 6 months of learning, testing, and transformation

Nutrition & Peptide Wellness Cohort · Month 6 — Final Session

You have spent six months building knowledge, tracking data, and testing strategies. Now it is time to consolidate everything into a personal protocol that you carry forward for life. This blueprint is yours — fill it in, refine it, and return to it whenever you need a reset.

This document belongs to you. Fill it in completely. Share relevant sections with your healthcare provider. Review and update it every 3–6 months as your health evolves.

MY HEALTH STORY

Where I Started — Month 1 Baseline

Record your starting point. This is the before that makes the after meaningful.

My primary health goals when I started this program:

My most significant health symptoms at the start:

My baseline lab values (key markers):

My body composition baseline (weight, measurements):

MY TRANSFORMATION

What Changed — 6-Month Outcomes

Document your measurable and subjective improvements. Both matter.

Symptoms that improved or resolved:

Body composition changes (weight, measurements, photos):

Energy, sleep, and mood improvements:

Lab values that improved:

Biggest surprise or unexpected benefit:

MY NUTRITION PROTOCOL

My Personalized Daily Nutrition Plan

Fill in the specific foods, targets, and strategies that worked best for your body over the past 6 months.

My daily protein target:

My most effective high-protein meals:

Foods I eliminated that significantly improved symptoms:

Foods I successfully reintroduced:

My gut-healing daily non-negotiables (bone broth, glutamine, probiotic, etc.):

My meal timing approach (windows, pre/post workout, etc.):

My hydration target:

Foods I plan to continue avoiding permanently:

MY SUPPLEMENT STACK

My Daily Supplement Protocol

Supplement	Dose	Timing	Purpose / Why I Take It

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MY MOVEMENT PROTOCOL

My Training & Movement Plan

My weekly resistance training schedule (days, focus areas):

My cardio/Zone 2 protocol (frequency, duration, type):

My recovery practices (stretching, sleep, deload weeks):

My performance benchmark goals (strength, endurance, body composition):

MY SLEEP PROTOCOL

My Sleep Non-Negotiables

My target bedtime and wake time:

My most important sleep hygiene rules:

My sleep-supportive supplements (what worked):

My sleep disruptors to continue avoiding:

My 14-day sleep tracking baseline results:

MY PEPTIDE PROTOCOL

My Current Peptide Conversations & Plan

This section is for documenting conversations with your healthcare provider — not self-prescription. Record what you've discussed, what was decided, and what monitoring is in place.

Peptide	Status	Prescriber Notes	Monitoring Plan	Next Review

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MY LAB REVIEW SCHEDULE

Ongoing Monitoring Plan

Lab Panel	Frequency	My Last Date	My Next Date
Complete metabolic panel + lipids	Every 6 months		
Thyroid panel (full)	Every 6 months or with symptoms		
Sex hormone panel	Every 6 months or with symptoms		
Fasting insulin + glucose + HbA1c	Every 6 months		
Vitamin D, B12, ferritin, magnesium	Every 6 months		
IGF-1 (if on GH peptides)	Every 6–8 weeks during protocol		
Body composition (DEXA or measurements)	Every 3 months		
Full CBC + inflammatory markers	Annually		

MY STRESS & SPIRIT PROTOCOL

Mind, Faith & Stress Management

My daily grounding / prayer / breathwork practice:

My community and accountability structure:

My stress warning signs and early intervention strategies:

Scripture or faith affirmations that anchor my health journey:

Closing Reflection

You came into this cohort with questions. You leave with both answers and better questions — and a body of knowledge that most people will never have access to. You now know how your body works. You know how to feed it, rest it, challenge it, and heal it. That knowledge is yours for life.

Your body is not broken. It was speaking — and now you know how to listen.

— Ali Ann · Heritage Havens · heritagehavens.com