



metabolism

Routine

helloholistic.ca



- take morning metrics upon waking
- plan out menu (high carb/low carb)
- measure out water for day
- 30 mins exercise in fat burning zone
- close feeding window 3 hrs before sleep
- log all meals from the day
- take evening metrics before sleep
- journal about today's success & sleep

Tools of the Trade

Metabolism tracker, nutrition & food log: [Lumen](#)

Heart rate/exercise monitor: [Fitbit](#) or [Apple Watch](#)

Water tracker: [64oz glass bottle](#)

Coach contact: Jen Casey, [Hello Holistic](#)