MIDLIFE RESET BUNDLE · BONUS 01

The 7-Day Quick Start

Your first week with the bundle,
one 15-minute step a day.

GoodLaif.com · Included with the Midlife Reset Bundle

7 daily steps | 30-day map | Day 7 review

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BONUS 01 · START HERE

Your first seven days, one step at a time

Four guides and 107 pages is a lot to open at once. You do not have to. This plan tells you which pages to read each day for your first week and the one thing to do afterwards. Each day takes about 15 minutes. If you miss a day, pick up where you left off.

How this works

Each day has three parts: what to **read**, what to **do**, and a box to tick. Print this plan or keep it open on your phone. After Day 7, the 30-day map on page 5 shows how the four guides fit together for the rest of the month.

DAY 1 Learn the new rules

Read: The Over-40 Reset, Chapters 1 and 2 (about 15 minutes).

Do: Pick one wake time you can keep all seven days, weekends included. Write it below and set an alarm.

Understanding why your body changed makes every habit after this easier to keep.

My wake time for the next 7 days:

☐ Done today

DAY 2 Put protein on the breakfast plate

Read: The Protein-First Kitchen, Chapter 2 (The GoodLaif Plate).

Do: Eat a breakfast with about 25 to 30 grams of protein. Use the breakfast list on your Fridge Card.

Breakfast protein is the single highest-leverage change in the Reset.

☐ Done today

DAY 3

Cool the bedroom tonight

Read: The Midlife Sleep Fix, Chapter 1 and Night 1 of the Reset Ritual.

Do: Run the cool-room steps tonight and make your first entry in the 14-night sleep diary.

Tonight is Night 1. Keep the Nightstand Card by the bed.

☐ Done today

DAY 4

Walk after dinner and reset the kitchen

Read: The Over-40 Reset, Week 1: Foundation.

Do: Take a 10-minute walk after dinner. Spend 30 minutes on the kitchen reset checklist.

One walk supports two pillars: steadier blood sugar and a better body clock.

☐ Done today

DAY 5

Check in with yourself

Read: Feel Like Yourself Again, Chapter 1.

Do: Start the 7-day mood and energy tracker. Try the physiological sigh once today.

Noticing patterns is the first step toward changing them.

☐ Done today

DAY 6

Shop once for the week

Read: The Protein-First Kitchen, Week 1 Meal Plan and Grocery List.

Do: Shop from the list, or batch-cook one protein using Chapter 8.

A stocked fridge removes most of the daily decisions.

☐ Done today

DAY 7

Review and plan Week 2

Read: Your notes, sleep diary and mood tracker from this week.

Do: Fill in the review on the last page and choose the habits you will keep next week.

Done is better than perfect. A 60% week still counts.

☐ Done today

YOUR 30-DAY MAP

How the four guides fit together

After your first week, follow the Reset week by week and use the other three guides alongside it. Each row is one week. You do not need to do every column perfectly; the Reset is the spine, and the rest support it.

Week	The Over-40 Reset	Protein-First Kitchen	Midlife Sleep Fix	Feel Like Yourself Again
Week 1	Foundation: breakfast protein, walks after meals, fixed wake time	Week 1 meal plan and grocery list	Start Night 1 on Day 3	Chapter 1 and the 7-day tracker
Week 2	Strength: two short sessions, caffeine curfew	Week 2 meal plan	Nights 8 to 14: food, movement and hormone support	The Calm Toolkit (Chapter 3)
Week 3	The hormone-friendly plate and food order	Week 3 meal plan, try two meal formulas	Night 14 reflection: compare your diary	The Fog Toolkit (Chapter 2)
Week 4	Lock it in: habit stacks and your Day 28 check-in	Week 4 plan, then batch cooking	Keep your three best sleep habits	The Joy Toolkit and Getting Support (Chapters 4 and 5)

If you only have 10 minutes a day

Keep just three things going all month: protein at breakfast, the same wake time every day, and a short walk after your biggest meal. These three habits show up across all four guides, and they make everything else easier.

DAY 7 REVIEW

Look back, then choose next week

Five minutes of honest review is how habits stick. Write short answers. There are no wrong ones.

What went well this week?

Which habit felt easiest? Keep this one.

What got in the way, and what would make it easier next week?

Energy and sleep this week, from 1 to 10:

My habits for Week 2

- [ ] Keep my wake time
- [ ] Protein at breakfast
- [ ] Walk after one meal a day
- [ ] Two short strength sessions (Over-40 Reset, Week 2)
- [ ] Keep the sleep diary going

Educational information only, not medical advice. Talk with a qualified clinician before changing nutrition, exercise, supplements or medication, and about any symptom that worries you.

MIDLIFE RESET BUNDLE · BONUS 02

The Doctor Visit Prep Kit

Track your symptoms, prepare your questions and leave your appointment with a plan.

GoodLaif.com · Included with the Midlife Reset Bundle

4-week tracker | Prep sheet | 12 questions | After-visit notes

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BONUS 02 · BE HEARD

Walk in prepared. Walk out with a plan.

Many women describe leaving an appointment with more questions than answers. A short written record of what you have noticed, for how long, and how much it affects your day helps your clinician see the full picture in a few minutes.

How to use this kit

1. **Track for two to four weeks**
   Use the symptom tracker on the next page. A rough score once a week is enough.
2. **Fill in the prep sheet**
   Write your top three concerns, your medications and supplements, and what you have tried.
3. **Choose your questions**
   Circle the five questions that matter most to you and bring this page.
4. **Write down the plan**
   Before you leave, fill in the after-visit page so nothing is forgotten.

Looking for a clinician with menopause experience?

The Menopause Society offers a public directory of menopause practitioners at menopause.org. You can also ask your current provider for a referral.

Do not wait for an appointment if you notice

bleeding after menopause, very heavy or prolonged bleeding, chest pain, fainting, or thoughts of harming yourself. Contact a doctor or emergency services. In the US you can call or text 988 at any time.

SYMPTOM TRACKER

Four weeks at a glance

Once a week, score each item: **0** none, **1** mild, **2** bothersome, **3** affects my day. Leave blank anything that does not apply.

Symptom	Week 1	Week 2	Week 3	Week 4	Notes
Trouble falling or staying asleep					
Hot flashes or night sweats					
Low energy or fatigue					
Brain fog or forgetfulness					
Anxiety or low mood					
Irritability or sudden anger					
Joint aches or stiffness					
Headaches					
Changes in weight or waist					
Changes in periods					
Lower libido or vaginal dryness					
Racing heart or palpitations					
Other:					
Other:					

Week start dates: 1 _____ 2 _____ 3 _____ 4 _____

APPOINTMENT PREP SHEET

Hand this over at the start

Two minutes of reading beats ten minutes of trying to remember.

My top three concerns, most important first

When it started, and whether it is getting better, worse or staying the same

How it affects my sleep, work, relationships or daily life

What I have already tried, and what helped or did not

Medications, supplements and doses I take

First day of my last period, or the year periods stopped

Relevant family history (for example heart disease, osteoporosis, breast cancer)

QUESTIONS TO ASK

Circle your top five

You will rarely have time for all of them. Pick the ones that matter most to you today.

- [ ] Could my symptoms be related to perimenopause or menopause?
- [ ] What else could be causing them, and should we rule anything out?
- [ ] Would any tests be useful for me, and what would they tell us?
- [ ] What are my options, including lifestyle, non-hormonal and hormonal treatments?
- [ ] What are the benefits and risks of each option for someone with my history?
- [ ] Should anything change in my current medications or supplements?
- [ ] What can I do about my sleep right now?
- [ ] Should I be thinking about bone or heart health at this stage?
- [ ] How soon would we expect to see a difference?
- [ ] Which symptoms should make me contact you sooner?
- [ ] When should we follow up?
- [ ] Can you recommend a clinician who focuses on menopause care?

If you feel unheard

It is reasonable to ask for a clear next step. Calm, specific sentences help:

"These symptoms are affecting my sleep and my work. I would like to understand what is causing them."

"Could we talk about whether this might be perimenopause?"

"If you do not think it is hormonal, what would you suggest we look at next?"

"Could you note in my record that I raised these symptoms today?"

"I would like a referral to someone with menopause experience."

AFTER THE VISIT

Write it down before you leave

Memories of appointments fade fast. Capture the plan while it is fresh.

Date and clinician

What we discussed and what the clinician thinks is going on

What we decided to try

Tests or referrals, and when results should come back

Follow-up date

Questions I still have for next time

Educational information only, not medical advice. Talk with a qualified clinician before changing nutrition, exercise, supplements or medication, and about any symptom that worries you.

MIDLIFE RESET BUNDLE · BONUS 03

Fridge & Nightstand Cheat Cards

The plan on one page, where you need it: kitchen, bedside and on the go.

GoodLaif.com · Included with the Midlife Reset Bundle

Plate + 10 breakfasts | 3 a.m. plan | Calm resets

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BONUS 03 · PRINT AND STICK

Three cards so the plan stays in sight

The guides explain the why. These cards hold the how, in the places you need it: on the fridge, by the bed and in your bag. Print each page, trim it, and keep it where you will see it.

- [ ] **Fridge Card:** the GoodLaif Plate and 10 breakfasts with about 25 to 30 g protein
- [ ] **Nightstand Card:** the evening wind-down and what to do when you wake at 3 a.m.
- [ ] **Calm Card:** three quick resets for foggy, anxious or overloaded moments

Printing tip

Choose "fit to page" in your print settings. Card stock or a plastic sleeve makes the fridge card last. Protein amounts are approximate; check labels, because brands vary.

FRIDGE CARD

Build the GoodLaif Plate

Half the plate
Vegetables, any kind. Frozen and bagged salad count.

A quarter
Protein, a palm or more: about 25 to 30 g.

A quarter
Smart carbs: oats, beans, sweet potato, quinoa, fruit. A cupped handful.

A thumb
Healthy fat: olive oil, avocado, nuts or seeds.

Food order: vegetables and protein first, starch last. **Water:** a glass when you wake and one with every meal.

10 protein-first breakfasts

Greek yogurt bowl: 1 cup plain Greek yogurt, berries, 2 tbsp almonds	**about 26 g**
3 eggs scrambled with spinach and a slice of cheese	**about 25 g**
Cottage cheese, 1 cup, with pineapple or tomatoes and pepper	**about 25 g**
Smoothie: 1 scoop protein powder, frozen berries, 1 cup milk	**about 28 g**
2 eggs plus 2 oz smoked salmon on whole-grain toast	**about 25 g**
Overnight oats made with milk, Greek yogurt and chia	**about 25 g**
Breakfast wrap: 2 eggs, 2 oz turkey, salsa	**about 24 g**
Tofu scramble: half a block of firm tofu with vegetables	**about 20 g**
Leftover chicken (3 oz) with a fried egg and greens	**about 32 g**
Protein yogurt cup plus a string cheese and fruit	**about 22 g**

Approximate values. Check labels, because brands vary.

NIGHTSTAND CARD

The evening wind-down

- [ ] Bedroom at 65 to 68°F, light layers, breathable sheets
- [ ] Dim the lights and put screens away in the last hour
- [ ] Same wake time tomorrow, even after a rough night
- [ ] Clock turned away from the bed
- [ ] Spare top and a glass of water within reach

4-7-8 breathing

Breathe in through your nose for **4**. Hold gently for **7**. Breathe out slowly through your mouth for **8**. Repeat 4 rounds. If the counts feel long, shorten them; the slow exhale is what matters.

When you wake at 3 a.m.

1. **Don't check the clock.** Doing the math on hours left keeps you awake.
2. **Cool down.** Peel off a layer, flip the pillow, change your top if you are damp.
3. **Breathe.** Four rounds of 4-7-8.
4. **Shuffle.** Pick a word like PEACH. List words that start with P, then E, then A.
5. **Still awake after about 20 minutes?** Get up, sit somewhere dim, read something dull on paper, and go back to bed when sleepy.

From The Midlife Sleep Fix, Chapter 3. Talk to your doctor if poor sleep lasts for weeks, or if you snore loudly or stop breathing at night.

CALM CARD

Three resets for hard moments

Use one when your head feels foggy, your chest feels tight or your fuse is short. Each takes under two minutes.

The physiological sigh

Two quick inhales through the nose, one big and one small on top, then one long, slow sigh out through the mouth. Repeat two or three times.

Use it: Mid-meeting, mid-argument, in the car.

5-4-3-2-1 grounding

Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell and 1 you taste.

Use it: When worry spirals or your mind races.

The 10-minute rule

Commit to ten minutes of movement: a brisk walk, stretching or dancing in the kitchen. You have permission to stop at ten.

Use it: When everything feels heavy and you cannot start.

One sentence for a hard day

"My brain is adjusting to changing hormones. This feeling is real, and it will pass. What is one small kind thing I can do for myself right now?"

If you ever feel hopeless or think about harming yourself, reach out now. In the US, call or text 988 any time. Outside the US, contact your local emergency number.

Educational information only, not medical advice. Talk with a qualified clinician before changing nutrition, exercise, supplements or medication, and about any symptom that worries you.