

Energy & Vitality Blueprint

Six modules on light, caffeine, meals, movement, sleep and stress — the full energy system.

How to use this: Work through it in order. Every section ends with something to do, not just something to read.

How This Course Works

Six modules on light, caffeine, meals, movement, sleep and stress — the full energy system.

- Module 1: Audit
- Module 2: Light & Rhythm
- Module 3: Caffeine & Meals
- Module 4: Movement
- Module 5: Sleep & Stress
- Module 6: 30-Day Plan
- Each module ends with an action step and a worksheet. Do the work before moving on — the results come from the worksheets, not the reading.

Time commitment: 6 modules, 45–60 minutes each. Most people finish one module per week.

Module 1: Audit

- Energy 9/3/8 for 7 days.
- Caffeine log.
- Sleep hours.

Action steps

- Run the audit.

Day	9am	3pm	8pm

Module 2: Light & Rhythm

- Morning light.
- Evening dimming.
- Fixed wake time.

Action steps

- 10 minutes AM light daily.

Day	Light	Wake	Notes

Module 3: Caffeine & Meals

- Coffee 90 minutes after waking; none after 2pm.
- Protein breakfast; paired carbs.

Action steps

- Move coffee; fix breakfast.

Day	Last caffeine	Breakfast	3pm energy

Module 4: Movement

- Post-lunch walk; two strength sessions.

Action steps

- Book the walks.

Day	Walk	Session

Module 5: Sleep & Stress

- Wind-down; resets.

Action steps

- Write the wind-down.

Night	Wind-down	Quality

Module 6: 30-Day Plan

- Combine what worked.

Action steps

- Write it.

Change	Effect	Keep

Progress Tracker

Module	Completed on	Biggest takeaway	Still unclear
1. Audit			
2. Light & Rhythm			
3. Caffeine & Meals			
4. Movement			
5. Sleep & Stress			
6. 30-Day Plan			

Your Next Step

The Complete Health Transformation Blueprint takes this further.

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