



Mapping Our Journey

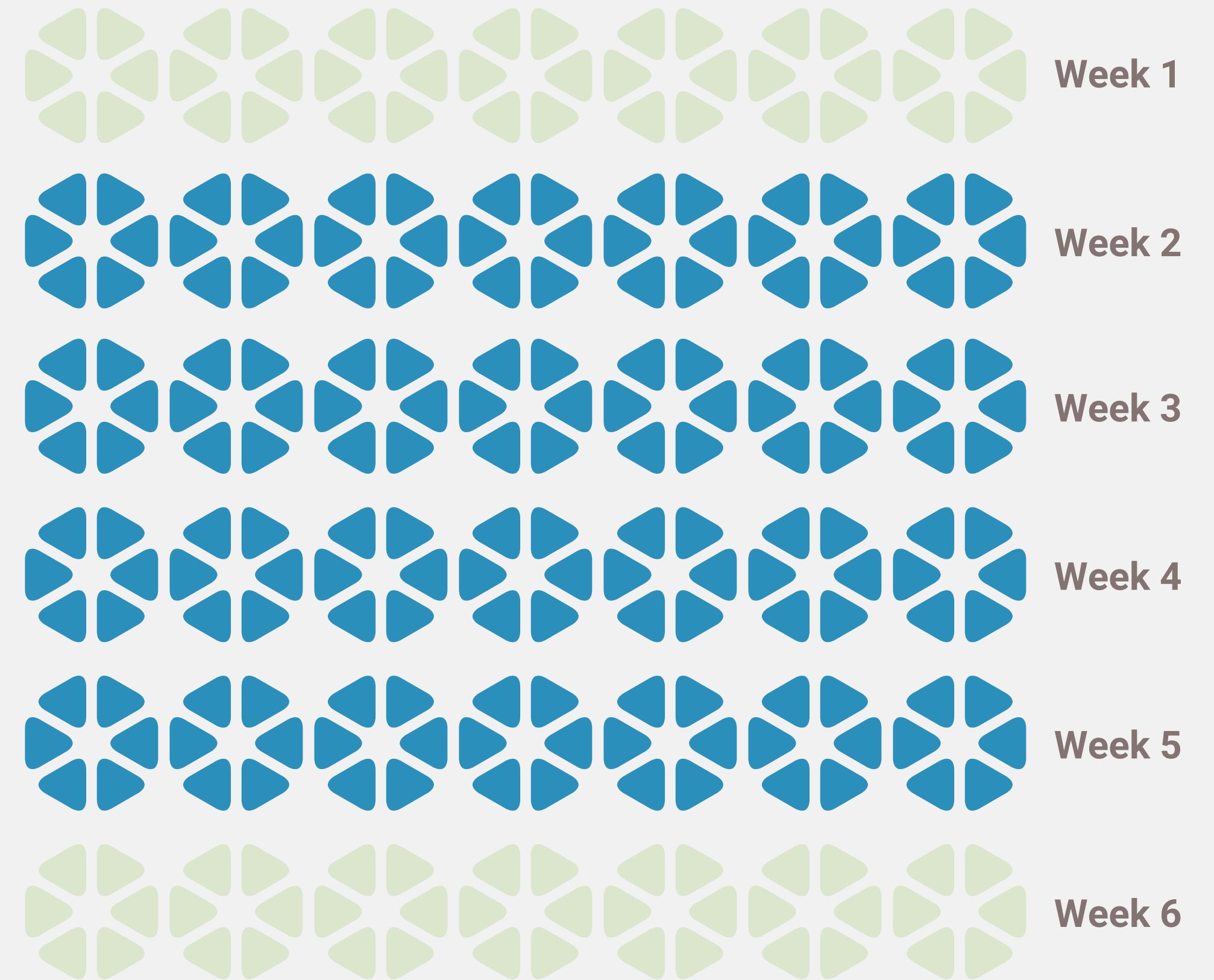




Mapping Our Journey

Six Weeks to Restore Your Gut

- **Week 1:** Orientation
- **Weeks 2–5:** Food Plan
 - **Connected Cleanse** or **Elimination Diet**
- **Week 6:** Reorientation





Mapping Our Journey

Orientation: Day 1



Watch • 8 min

Welcome & Orientation



Watch • 16 min

Your Gut: Where Health & Illness Begin



Activity • 15–20 min

Gut Health Quiz



Activity • 15–20 min

Journal: Goals

Plan to invest **60-90**min today.





Mapping Our Journey

Orientation: Day 2

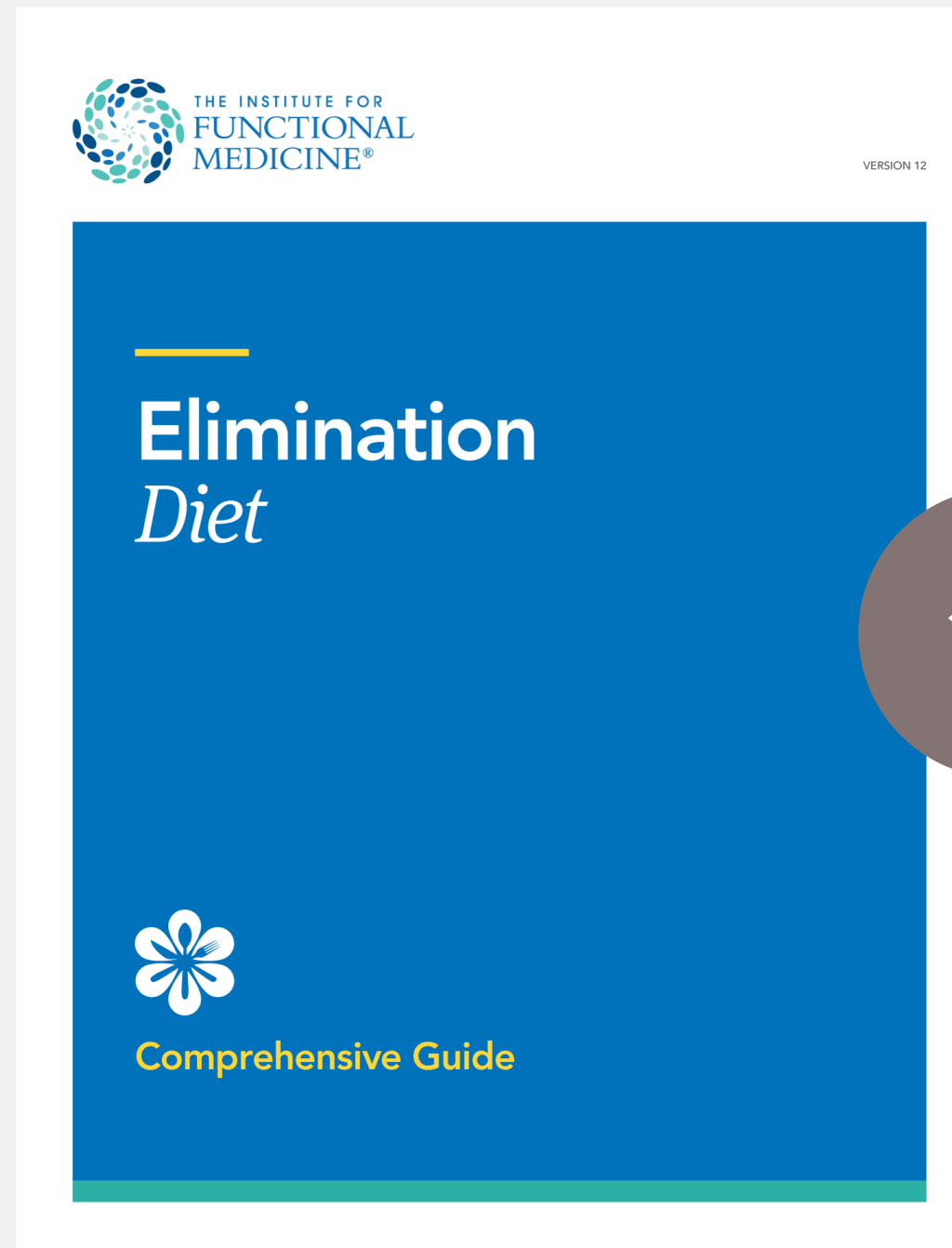
Plan to invest 60-90min today.



Watch • 21 min
Food Is Medicine

Activity • 30-45 min
Select & Review Your Food Plan
Elimination Diet **OR** Connected Cleanse

Activity • 15-20 min
Journal: Goals





Mapping Our Journey

Orientation: Days 3–7



Activity

Meal Planning



Activity

Grocery Shopping



Activity

Preparing Your Home

Plan to invest 30-60 min per day.



Bonus Content

We are including several hours of workshops and seminars to help you plan and prepare. These are optional resources to supplement your previous experience clean eating. If you expect to need additional support for planning and preparation, anticipate investing a few extra hours to engage the bonus content.



Mapping Our Journey

Week 2 (Food Plan Days 1–7)



Activity

Follow Food Plan

- Use Daily Checklist
- Use Daily Reflection



Watch • 28 min

Lifestyle & Supplement Support

- Select at least 1 support daily

28 Days to Restore Your Gut

DAILY CHECKLIST

Small Victories Add Up to Big Transformation

HOW IT WORKS

- Breakfast
- Lunch
- Dinner
- Water
- Reflection
- Sleep

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

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28 Days to Restore Your Gut

Evening Reflection

A few minutes at the end of the day before you begin your nighttime wind-down routine can help set you up for rest and get you ready for an amazing day tomorrow!

Day:

1 How Did You Feel Today?

Amazing

Pretty Good

Just Okay

Could've Been Better

Thankful Tomorrow is a New Day

2 Rate Your Overall:

Energy ☆☆☆☆☆

Stress ☆☆☆☆☆

Emotions ☆☆☆☆☆

Health ☆☆☆☆☆

3 Why Did You Feel this Way? Jot Down a Few Things that Contributed.

4 List 3-5 Things for Which You're Thankful.

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Mapping Our Journey

Week 3 (Food Plan Days 8–14)



Activity

Follow Food Plan

- Use Daily Checklist
- Use Daily Reflection
- Select at least 1 lifestyle/supplement support daily



Watch • 1 min

Checkpoint: 14 Days





Mapping Our Journey

Week 4 (Food Plan Days 15–21)



Activity

Follow Food Plan

- Use Daily Checklist
- Use Daily Reflection
- Select at least 1 lifestyle/supplement support daily



Mapping Our Journey

Week 5 (Food Plan Days 22–28)



Activity

Follow Food Plan

- Use Daily Checklist
- Use Daily Reflection
- Select at least 1 lifestyle/supplement support daily



Watch • 1 min

Checkpoint: 28 Days





Mapping Our Journey

Week 6: Reorientation



Watch • 3 min

Reintroducing Foods



Activity • 15–20 min

Retake Gut Health Quiz



Activity • 15–20 min

Review & Reflect: Goals

You Did It!



What's Next?

Your gut health is one of the three critical components of living your life to the full. In this course we've already briefly touched on stress & sleep.

In my other courses, we will take a deeper dive into those topics to help you reclaim your health. I look forward to guiding you through the Triangle of Health.

Remember, You Were Made For Health!



www.ConnectedHealth.community