

8-WEEK SAFE BURN ROADMAP

This is your to-do list for the next two months.
To get the most success out of this program, go through the course at this pace and complete your weekly tasks.

Week 1:

- Watch Module 1
- Print your habit tracker
- Start one daily stress habit

Week 2:

- Watch Module 2
- Continue your first stress habit
- Print your symptom and cycle trackers
- Start tracking daily

Week 3:

- Watch Module 3
- Continue your first stress habit
- Continue tracking daily

Week 4:

- Watch Module 4
- Continue your first stress habit
- Add second stress habit and first blood sugar habit
- Continue tracking daily

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Week 5:

- Watch Module 5
- Continue your 3 habits: 2 stress, 1 blood sugar
- Continue tracking daily
- Complete pattern identification guide
- Choose one pattern

Week 6:

- Watch Module 6
- Continue your 3 habits: 2 stress, 1 blood sugar
- Continue tracking daily
- Start your protocol

Week 7:

- Watch Module 7
- Continue your 3 habits: 2 stress, 1 blood sugar
- Continue tracking daily
- Continue your protocol
- Increase movement only

Week 8:

- Watch Module 8
- Continue your 3 habits: 2 stress, 1 blood sugar
- Continue tracking daily
- Continue your protocol
- Begin your 2-week workout plan