

INSTRUCTIONS...

- ☀ We highly recommended to do each ACTIVITY in the ORDER listed and do ONLY one a day, over the course of the week.
- 💡 Every day, open your mobile phone 📅 calendar & create a NEW event that is your “GRP ME” time... scheduling in time for YOU ❤️
- ? Got a question? Get into your GRP HUB and ask other GRP'ers or post your question(s) in the LIVE Q&A broadcast post (pinned to top). They will be answered in the LIVE Q&A.
- 📸 Anytime, in the GRP Hub, share your progress and successes with photos, or videos... both Food and Lifestyle.
- ⚠ Your next week's MODULE is released on a Saturday evening, in readiness for the start of your module week on Monday. It's in the drop-down menu in your Member Hub.

DAY	TIME REQ.	ACTIVITY and corresponding MATERIALS (bolded)
Daily	15-mins	Listen to, or watch, your daily Coaching session in the GRP Hub . Keep yourself accountable... leave a comment on the coaching video!
Sun	20-mins	Peruse the TOPICS in the Gut Health Library (<i>embedded in your Member Hub – M4 Food</i>). Do NOT spend your time reading them now... just read the list of topics, so when relevant to you, you can go straight there and read the information.
Tues	20-mins	Read, and leave a comment, on the Food 4 thought post in the GRP Hub .
Wed	20-mins	Read, and leave a comment, on the Your Microbiome post in the GRP Hub .
Friday	10-mins	Read, and leave a comment, on the FRI-YAY post in the GRP Hub .

WEEKEND PREPARATION FOR NEXT WEEK'S FOOD PRESCRIPTION...

- On your **Week 5 Food Prescription** write in 'the day you'll eat' each of the 5 dinners listed and choose your two extra dinner meals, as per your **Food Prescription Guidelines** and write it onto your Food Prescription with the time it will take to make.
- Read your **Week 5 Shopping list** and corresponding **Ingredients A-Z** list before you go shopping. Head off shopping.
- Put some music on and enjoy doing your **Weekend Essential Preparation**.
- **Food Prescription Guidelines for Weeks 5 to 8** are released at the end of Module 4 week.