GRP

GUT REBALANCING PROTOCOL

MOVEMENT AND HYDRATION PRESCRIPTION, WEEKS 1 – 4

How to track… Every day, log your previous day's completed Movement & Hydration i.e., On Tuesday fill in Monday's, on Wednesday fill in Tuesday's etc.

You must follow this Movement and Hydration prescription daily, exactly as prescribed… NO more, NO less.

- Calculate your Required Daily Hydration… your current weight '__' kg x 33.33 ml. Enter here_____.
- Record the date and use the YIN YOGA video that matches the DATE *i.e., Day-9 video on 9th, Day-10 video on 10th etc.*
- Record your Yoga finish time *i.e., the time you finish your session*. On REST days you STILL do your before bed Yin Yoga!
- Record your slow-paced BAREFOOT WALK location and duration.
- Record your day's HYDRATION total *i.e.,* how much you drank each day (water & herbal teas).

Please stop all other forms of exercise (you'll find out WHY in Module 3)with the exception of specific rehab exercises your health professional has given you, or strength training 2-3 times a week if you're currently on strength-program. This is for now, not forever! Any questions, please ask in the LIVE Q&A Broadcast post.

DAY	DATE	YIN YOGA FINISH	MOVEMENT PRESCRIPTION TYPE – INTENSITY – TIME	BAREFOOT WALK LOCATION – DURATION	TODAY'S HYDRATION
Mon	*9th*	*9:45pm*	*As prescribed below*	*Beach, 30-min*	*2.4 litres*
Mon			Rest		
Tues			30 min Slow paced Barefoot Walk		
Wed			Rest		
Thurs			30 min Slow paced Barefoot Walk		
Fri			Rest		
Sat			30 min Slow paced Barefoot Walk		
Sun			Rest		
Mon			30 min Slow paced Barefoot Walk		
Tues			Rest		
Wed			30 min Slow paced Barefoot Walk		
Thurs			Rest		
Fri			30 min Slow paced Barefoot Walk		
Sat			Rest		
Sun			30 min Slow paced Barefoot Walk		
Mon			Rest		
Tues			30 min Slow paced Barefoot Walk		
Wed			Rest		
Thurs			30 min Slow paced Barefoot Walk		
Fri			Rest		
Sat			30 min Slow paced Barefoot Walk		
Sun			Rest		
Mon			30 min Slow paced Barefoot Walk		
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Wed			30 min Slow paced Barefoot Walk		
Thurs			Rest		
Fri			30 min Slow paced Barefoot Walk		
Sat			Rest		
Sun			30 min Slow paced Barefoot Walk		
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Tues			30 min Slow paced Barefoot Walk		
Wed			Rest		
Thurs			30 min Slow paced Barefoot Walk		
Fri			Rest		
Sat			30 min Slow paced Barefoot Walk		
Sun			Rest		