GRP

GUT REBALANCING PROTOCOL

MODULE 3 – MOVEMENT AND HYDRATION…

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**.
Sun	30-mins	• LISTEN to your **Truth about Exercise Podcast** *(embedded in your Member Hub – M3 Movement Hydration)* • PRINT your **Movement and Hydration Prescription** for Weeks 3 & 4 (Replacing your previous schedule) • READ the **Benefits of Resistance bands and Strength training** in Gut Health Library *(embedded in your Member Hub – M3 Movement Hydration)* and buy some resistance bands if you don't have any.
Mon	20-mins	Peruse the TOPICS in the **Gut Health Library** *(embedded in your Member Hub – M3 Movement Hydration)*. Do NOT spend your time reading them now… just review the list of topics, so when relevant to you, you can go straight there and read the information.
Tues	10-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 4 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 4 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.**