

## BOOK PAGE 438

# WEEKLY METABOLIC REVIEW TEMPLATE

*The chapter reviews a few weekly signals, then chooses one adjustment for the next seven days.*

Week of:

Overall energy (my words):

### Weekly signals

Average steps / movement

Total workouts / strength sessions

Average heart rate or resting heart-rate trend

Sleep average / quality

HRV trend if tracked

Other signal I care about

### Review prompts

What patterns are emerging across movement, recovery, and sleep?

Am I adapting, maintaining, or accumulating fatigue?

*Privacy reminder: This worksheet may contain private health information. Store it securely and share it only as appropriate.*

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If I change only one thing next week, what should it be and why?

I feel like I am not progressing - does the information I have actually support that perception?

My one adjustment for the next seven days:

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