

# Robin's 15-Day Hormone Reset Workbook Day 15



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# Hormone Reset

## Day 15

### Next Steps

*Just like pleasure takes planning, getting healthy and staying healthy takes not only planning, but constant conscientiousness.*

❖ My ONE big takeaway from each day:

Mind: \_\_\_\_\_

Food + Nourish: \_\_\_\_\_

AM Routine: \_\_\_\_\_

Movement: \_\_\_\_\_

Hormone Elixirs: \_\_\_\_\_

Sleep: \_\_\_\_\_

Calm + Soothe + Restore: \_\_\_\_\_

Relationships: \_\_\_\_\_

Cravings: \_\_\_\_\_

PM Routine: \_\_\_\_\_

Intimacy: \_\_\_\_\_

Vitamins: \_\_\_\_\_

Digestion: \_\_\_\_\_

Pleasure: \_\_\_\_\_



❖ Every day I commit to:

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❖ My BEFORE and AFTER Hormone Assessments Scores for each section are\*:

A: Before \_\_\_\_\_ After \_\_\_\_\_

B: Before \_\_\_\_\_ After \_\_\_\_\_

C: Before \_\_\_\_\_ After \_\_\_\_\_

D: Before \_\_\_\_\_ After \_\_\_\_\_

E: Before \_\_\_\_\_ After \_\_\_\_\_

F: Before \_\_\_\_\_ After \_\_\_\_\_

G: Before \_\_\_\_\_ After \_\_\_\_\_

H: Before \_\_\_\_\_ After \_\_\_\_\_

\*Be sure to give yourself the full fifteen days in the program following the suggestions before taking the assessment again. Remember...how you feel is much more important than lab numbers.

❖ Notes:

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