

5 NON-NEGOTIABLES FOR WOMEN OVER 40

Feel better, get your energy back,
and finally stop blaming yourself.



☐ **EAT 30G OF PROTEIN FIRST THING**

Protein helps balance blood sugar, improves satiety, and supports lean muscle—which naturally declines in perimenopause. Starting your day with protein keeps energy stable and cravings in check.

☐ **MOVE YOUR BODY FOR 30 MINUTES DAILY**

Physical activity reduces cortisol, improves insulin sensitivity, and supports a healthy metabolism. During perimenopause, it also helps reduce inflammation and mood swings.

☐ **TAKE 3 MIND-BODY BREAKS PER DAY**

Pausing for deep breaths, grounding, or a short walk helps regulate your nervous system. In perimenopause, this reduces cortisol, improves sleep, and lowers anxiety.

☐ **OPTIMIZE GUT HEALTH**

Your gut plays a big role in hormone detox and regulation. Supporting gut health with fiber, fermented foods, and hydration improves digestion, mood, and estrogen balance.

☐ **STABILIZE BLOOD SUGAR**

When blood sugar spikes and crashes, it worsens hormonal symptoms like fatigue, irritability, and cravings. Balanced meals help you stay grounded and support metabolic health during perimenopause.

Daily Habit Tracker

Use this weekly tracker to build consistency and stay accountable. Check off each item daily as you go.



Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
30g Protein First Thing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 Minutes of Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Mind-Body Moments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gut Health Support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balanced Blood Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Want support putting this into practice?

Cristie Robbins' 1:1 coaching and 90-day programs are designed to help you implement these habits, and a whole lot more, with personalized support & transformational change. Visit thewellnessblueprint.org or email cristie@thewellnessblueprint.org to book a free consult.