



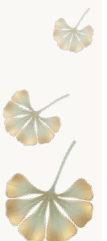
FREE PATIENT RESOURCE

30 DAYS TO A HEALTHIER & HAPPIER YOU

One small action a day for 30 days — for your mind, your body, your relationships, and your hormones. Check days off as you go, and put every step straight on your calendar so you actually remember to do it.



YOUR 30 DAYS



01

ACTS OF RANDOM KINDNESS

HEART

Do one random act of kindness today — pay for a coffee, send a note, let someone merge.

NOTES

02

BE OF SERVICE

HEART

Do one thing today that is purely of service to someone else, with nothing expected back.

NOTES

03

GET YOUR HORMONES CHECKED

HORMONES

Book lab work and find out where your hormone levels actually are. Guessing is not a plan.

[Book a consultation at TRU](#) ↗

NOTES

04

TAKE THE SYMPTOM SURVEY

HORMONES

Complete the hormone symptom survey below. If two or more answers are anything other than "Not at all," it's time to get tested.

[Take the survey](#) ↗

NOTES

05

GO TO BED BY 10PM

BODY

Lights out by 10pm. Tomorrow, write down how the extra sleep felt.

NOTES

06

WASTE NOT, WANT NOT

MIND

List 3 ways you waste time. Watch for them the rest of the month.

NOTES

07

READ FOR THE FUN OF IT

MIND

Read 10 pages of fiction. Get lost in a world other than your own.

NOTES

08

WORK OUT YOUR BRAIN

MIND

Do a crossword, Wordle, sudoku, or puzzle. Your brain is a muscle too.

[Play today's Wordle \(free\)](#) 

NOTES

09

CLEAN SOMETHING MESSY

MIND

Pick one drawer, closet, car, or inbox that's been bugging you and finish it.

NOTES

10

FOCUS ON THE ENJOYMENT HEART

Write down 5 things that bring YOU joy — not the people around you. You.

NOTES

11

ENJOY THEM HEART

Make a real plan to do those 5 things before the 30 days are up. Put them on the calendar.

NOTES

12

DON'T BE FOUND MIND

Put your phone on Do Not Disturb for two hours and take some quiet time.

NOTES

13

YUM BODY

Make your favorite meal. If it's a restaurant favorite, try recreating it — or order in guilt-free.

[Browse healthy recipe ideas](#) ↗

NOTES

14

YOU ARE YOUR OWN BEST ADVICE MIND

Write a letter to your future self. How do you feel now, and what would make life a bit happier?

NOTES

15

DE-STRESS MIND

Do a 5-minute guided meditation. Just five minutes, eyes closed, breathing.

[5-minute guided meditation](#) 

NOTES

16

LEARN THROUGH LISTENING MIND

Find a podcast that will enrich your life and listen to the first episode.

[Try the Huberman Lab health podcast](#) 

NOTES

17

BE INSPIRED HEART

Read inspirational quotes and let one land — twice. Save the one that hits.

[55 inspirational quotes to start with](#) 

NOTES

18

TAKE A SUGAR BREAK BODY

No added sugar today. Make a low-carb dessert instead if you need something sweet.

NOTES

19

H2O BODY

Drink 64 oz of water today. Don't guess — count the ounces.

NOTES

20

TRACK YOUR FOOD BODY

Download a nutrition tracker and log everything you eat for the next 10 days.

[Get MyFitnessPal \(free\)](#) 

NOTES

21

DANCE LIKE NO ONE IS WATCHING HEART

Put on a great song and dance — kitchen, living room, whole house. No audience required.

NOTES

22

MOVE TO THE BEAT BODY

Build a workout playlist that really gets you going, then use it.

[Find a workout playlist on Spotify](#) ↗

NOTES

23

PROTECT YOUR BODY BODY

Start taking a quality multivitamin (and ask us which nutrients you're actually short on).

[See how we replenish nutrients with IV therapy](#) ↗

NOTES

24

GET MOVING BODY

Take a 30-minute walk outside. Sunlight and steps, no gym required.

NOTES

25

DETOX FOR 5 DAYS BODY

No alcohol for the next 5 days. If you don't drink, pick something else to give up.

NOTES

26

GET INTIMATE HORMONES

Make time for connection with your partner — and see where the evening leads.

NOTES

27

YOU ARE A WINNER HEART

List everything you've accomplished and are proud of. Read it back.

NOTES

28

HEART HEALTHY BODY

No red meat today. Build a genuinely good salad instead.

[Heart-healthy salad recipes](#) 

NOTES

29

JOURNAL YOUR WAY TO HEALTHY MIND

Start a journal and write five sentences in it. That's it.

[30 journaling prompts if you're stuck](#) 

NOTES

30

REFLECTION MIND

Write about how the month went. What did you learn, and which habits are staying?

NOTES

DAY 4

HORMONE SYMPTOM SURVEY

Rate each symptom over the past month. If two or more answers are anything other than "Not at all," it's worth having your hormone levels tested. Scored instantly, right here — nothing is submitted.

Depressed mood

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Memory loss

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Mental fog or confusion

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Difficulty concentrating

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Anxiety

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Feeling tense or nervous

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Feeling tired or lacking energy

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme



Mood swings or irritability

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme



Migraines or severe headaches

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme



Sleep problems

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Bloating

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Weight gain

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Decreased sex drive / libido

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme

Difficulty reaching climax

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme



Hot flashes or night sweats

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme



Low strength or muscle loss

☐ Not at all ☐ A little ☐ Some ☐ Quite a bit ☐ Extreme





DAY 30

YOU MADE IT — NOW DO A LITTLE DANCE IN YOUR KITCHEN

Thirty days of showing up for yourself deserves a celebration. So when you check off that last day, put on your favorite song and dance it out — kitchen, living room, wherever. No audience required.

Then tell us how you feel. If the energy, sleep, or mood still isn't where you want it, that's a hormone conversation — and we're here for it.

TRU INTEGRATIVE WELLNESS

4121 Fairview Avenue Suite 103, Downers Grove, IL 60515 • 630-974-6505 • www.truintegrative.com
Questions about your hormone survey results? Call us to schedule a consultation.