



METABOLIC EDGE 40+

THE METABOLIC EDGE 40+ 30-DAY RESET™

A Simple 30-Day Action Plan
to Build Better Habits,
Support Your Metabolism, and
Take Control of Your Health
After 40



BETTER
NUTRITION



MORE
MOVEMENT



STRONGER
BODY



DAILY
HABITS



BETTER
RECOVERY



30 DAYS.
5 DAILY HABITS.
**A STRONGER,
HEALTHIER YOU.**



Created by

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Your Next 30 Days Start Here

Welcome to the **Metabolic Edge 40+ 30-Day Reset™** — a simple, practical action plan built around five daily habits that support your metabolism, your muscle, and your energy after 40.

You won't find extreme diets or exhausting workout mandates in these pages. What you'll find is a straightforward framework you can actually follow — one day, one decision, at a time.



“
**You don't need
another perfect plan.
You need a plan you
can actually follow.**



Alan B. Millard
Alan B. Millard
Founder, Metabolic Edge 40+

EDUCATION | ACTION | CONSISTENCY 

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Your 30-Day Reset

THE FIVE DAILY HABITS



The Metabolic Edge 40+ 30-Day Reset™ isn't built around extreme diets, exhausting workouts, or trying to change everything about your life at once.

Instead, we're going to focus on the daily actions that you can actually control. For the next 30 days, your goal is to consistently work on **five core habits**.

THE 5 DAILY RESET HABITS

1 — Prioritize Protein

Make protein the foundation of your meals. Protein helps support and maintain muscle, can help you feel satisfied after eating, and becomes increasingly important as we get older.

2 — Move Your Body

Walking counts. Taking the stairs counts. Playing golf counts. Being active throughout your day counts. You don't need every movement session to be an intense workout.

3 — Build & Protect Muscle

Strength training isn't just about appearance. Maintaining muscle supports strength, movement, physical function, and independence as we age.

4 — Stay Hydrated

Hydration is easy to overlook, but it supports normal body function and physical performance. We'll make it a deliberate part of your daily routine.

5 — Prioritize Sleep & Recovery

More isn't always better. Your body needs time to recover. Sleep and recovery support your ability to train, make better decisions, and come back ready to do it again tomorrow.

Simple Doesn't Mean Easy

SIMPLE DOESN'T MEAN EASY

Knowing what to do and consistently doing it are two different things. That's why we're spending the next **30 days practicing these habits**, rather than expecting you to master everything on Day 1.

You may already be doing some of them well. Others may need more attention. That's okay.

YOUR JOB ISN'T TO SCORE 100% EVERY DAY. Your job is to keep showing up. If you miss your protein target one day, get back to it tomorrow. If you miss a workout, don't try to punish yourself with two workouts the next day. If dinner doesn't go as planned, your next meal is another opportunity. If you have a bad weekend, Monday isn't a restart.

You're continuing — not starting over.

ONE DAY AT A TIME

During the Reset, you'll use your **Daily Reset Checklist** to keep these five habits in front of you. Each day you'll ask yourself:

- Did I prioritize protein?
- Did I move today?
- Did I do what I needed to support my muscle?
- Did I stay hydrated?
- Did I prioritize sleep and recovery?

You aren't looking for perfection. You're looking for patterns. As the days add up, those patterns become habits — and those habits are what we're really trying to change.

“30 days won't create a perfect lifestyle. But 30 days can give you a powerful start.”

Protein First

PROTECT MUSCLE. SUPPORT YOUR METABOLISM. STAY SATISFIED.



Protein isn't just for bodybuilders. After 40, getting enough protein becomes increasingly important — especially when you're trying to lose weight while maintaining as much lean muscle as possible.

Protein provides the amino acids your body uses to build and repair muscle and other tissues. It can also help you feel satisfied after meals, making it easier to create an eating pattern you can actually maintain. That's why **Protein First** is one of the foundations of your 30-Day Reset.

WHY PROTEIN MATTERS AFTER 40

As we get older, maintaining muscle becomes increasingly important. And if you're losing weight, you don't want all of that weight loss coming from lean tissue. Your goal isn't simply **lose weight** — a better goal is **lose excess body fat while supporting lean muscle**.

Protein helps — but protein works best alongside **regular strength training and adequate overall nutrition**. Protein provides the building materials. Strength training gives your body a reason to maintain muscle. You want both.

How Much Protein?



HOW MUCH PROTEIN — SHOULD YOU EAT? —

— THE OPTIMAL PROTEIN RANGE FOR ADULTS 40+ —

1.2–1.6 g/kg/day

≈ 0.55–0.73 g/lb/day



EXAMPLES BY BODY WEIGHT

BODY WEIGHT (POUNDS)	EXAMPLE DAILY PROTEIN RANGE (GRAMS)
150 lb	83 – 110 g
175 lb	96 – 128 g
200 lb	110 – 146 g
225 lb	124 – 164 g
250 lb	138 – 182 g
275 lb	151 – 201 g
300 lb	165 – 219 g

EASY CALCULATOR



BODY WEIGHT (POUNDS)

×

0.55 – 0.73 (g/lb)

=



EXAMPLE DAILY PROTEIN RANGE (GRAMS)

→ **EXAMPLE:** 200 lb × 0.55 – 0.73 = 110 – 146 g of protein per day



IMPORTANT:
If you have kidney disease or any medical condition, consult your healthcare provider before increasing your protein intake.



Your health.
Your journey.
Your responsibility.



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HOW MUCH PROTEIN DO YOU NEED?

There isn't one perfect protein number for every person. Your needs can vary based on factors including your body size, activity level, age, goals, overall calorie intake, and health circumstances.

A practical starting range for many generally healthy adults who are trying to maintain muscle is approximately **1.2–1.6 grams of protein per kilogram of body weight per day** — that's approximately **0.55–0.73 grams per pound of body weight**. For some people — particularly those who are active, strength training, dieting, or older — individual needs may differ.

Don't Let the Number Overwhelm You

DON'T LET THE NUMBER OVERWHELM YOU

If you're currently eating significantly less protein, you don't necessarily need to jump to the top of a target range tomorrow. Start by becoming aware of how much you're currently eating, then look for opportunities to add protein to the meals and snacks you're already having. **Progress first. Perfection later.**

IMPORTANT

Protein needs can be different for people with certain medical conditions, particularly kidney disease or other conditions requiring dietary modification. If you have a medical condition or have been instructed to limit protein, discuss an appropriate intake with your physician or registered dietitian before substantially changing your diet.

Make Protein Simple



PROTEIN FIRST

YOUR FIRST DECISION. YOUR FOUNDATION. YOUR RESULTS.

1

CHOOSE YOUR PROTEIN

Make protein the foundation of every meal.

2

BUILD YOUR MEAL

Add colorful vegetables, smart carbs, and healthy fats.

3

REPEAT THROUGHOUT THE DAY

Repeat your protein-first meals to support your goals.

PROTEIN CHOICES

 CHICKEN
  LEAN BEEF
  FISH
  EGGS
  GREEK YOGURT
  COTTAGE CHEESE
  TURKEY BREAST
  TUNA
  PROTEIN SHAKE
  TOFU
  PROTEIN POWDER

“ Before you worry about creating the perfect diet, start with one question: **WHAT’S MY PROTEIN? ”**



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MAKE PROTEIN SIMPLE

You don't need to eat chicken breast six times a day, and you don't have to get all your protein at dinner. A simpler approach is to **spread protein throughout your day**. When you're planning a meal, ask yourself: **“What's my protein?”** Then build the rest of the meal around it.

Easy Protein Options

Breakfast: eggs, Greek yogurt, cottage cheese, protein shake, lean breakfast meats.

Lunch & Dinner: chicken, turkey, lean beef, fish and seafood, pork, eggs, high-protein dairy, beans and legumes.

Quick Options: protein shakes, Greek yogurt, cottage cheese, tuna packets, hard-boiled eggs, lower-sugar protein bars.

You don't need every meal to look the same. Choose protein sources that fit your preferences, lifestyle, budget, and dietary needs.

“Before you worry about creating the perfect diet, start with one question: **What's my protein?”**

Eat for the Reset

BETTER CHOICES WITHOUT A RESTRICTIVE DIET



You don't need a perfect diet to make progress. You don't need to eliminate every food you enjoy. And you don't need to label foods as simply “good” or “bad.”

For the next 30 days, we're going to focus on something much more practical: **making better choices more often.**

Fat loss still requires an appropriate overall calorie intake. But creating an eating pattern you can actually maintain matters too. The goal of the Reset is to help you build a better eating pattern — not a temporary diet.

START WITH THREE QUESTIONS

Before making a meal or ordering from a menu, ask:

- **Where's my protein?** Choose your protein source first.
- **How hungry am I?** Pay attention to your hunger rather than automatically eating the same amount simply because it's there.
- **Is this a choice I can live with?** Your eating pattern needs to work on Monday morning and Saturday night.

Carbs, Fat & Calories



YOU DON'T HAVE TO ELIMINATE CARBOHYDRATES

Carbohydrates aren't automatically the reason someone is struggling to lose weight. Foods containing carbohydrates can be part of a healthy eating pattern. The bigger picture matters: how much are you eating, are you getting enough protein, what's the overall quality of your diet, and can you maintain it?

What About Fat?

Dietary fat is also an important part of nutrition. But because fat is calorie-dense, portions can add up quickly. The goal is simply to become more aware of how much you're consuming.

AND YES — CALORIES STILL MATTER

You don't have to count every calorie for the rest of your life. But fat loss requires your body to use more energy than you're consistently consuming over time. Portions matter. Snacks matter. Drinks matter. Extras matter. **Awareness can change your decisions.**

“You don’t need to fear carbohydrates or fat. You need an eating pattern that supports your goals and that you can **sustain.”**

Build a Better Meal



BUILD A BETTER MEAL

Instead of following a complicated set of food rules, use this simple framework: **1) Choose your protein** — start with a meaningful protein source. **2) Add the rest of your meal** — carbs, fats, fiber, vitamins and minerals that fit your needs. **3) Watch the extras** — sauces, dressings, oils and toppings add up fast; just account for them. **4) Stop chasing perfect** — one meal doesn't determine your results.

REAL LIFE COUNTS

There will be birthdays, vacations, restaurants, holidays, golf outings and family dinners. That's life. You don't need to avoid those situations to succeed — learn to make reasonable decisions within them. If Saturday isn't perfect, Sunday is another opportunity to make better choices. **Don't turn one decision into an entire week.**

“One meal doesn't make you healthy. One meal doesn't ruin your progress either. It's what you do consistently that matters.”

Move Every Day

WALKING AND DAILY ACTIVITY MATTER

MOVE EVERY DAY

- WALK**
- TAKE THE STAIRS**
- PLAY / RECREATION**
- HOUSEHOLD ACTIVITY**
- SPEND LESS TIME SITTING**

“Your workout matters. So does everything you do between workouts.”

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Exercise is important. But your health isn't determined only by what happens during a workout — **what you do during the rest of your day matters too.**

Walking, taking the stairs, working around the house, playing with your grandkids, golfing, shopping, traveling and simply spending less time sitting all contribute to your overall activity. That's why one of the five habits of your 30-Day Reset is simple: **move every day.**

WHY DAILY MOVEMENT MATTERS

Heart & metabolic health: movement supports cardiovascular and overall metabolic health. **Weight management:** activity increases the energy you use throughout the day. **Mobility & function:** regular movement helps you keep doing what you want and need to do. **Mood & well-being:** activity supports mood, energy and overall well-being. **Healthy aging:** staying active becomes increasingly important as we get older.

The objective isn't to become an athlete. **The objective is to keep moving.**

Start Where You Are

“

Don't compare your Day 1
to someone else's Day 500.

Start where you are and build from there.”



1

YOUR CURRENT ACTIVITY



Start with what you're
already doing.

2

ADD A LITTLE MORE



Small increases create
big momentum.

3

BUILD CONSISTENCY



Consistent habits
lead to lasting change.

4

KEEP PROGRESSING



Keep showing up and
your future gets better.

SMALL STEPS ADD UP



10
MINUTES

Morning walk

+



10
MINUTES

Midday walk

+



10
MINUTES

Evening walk

=

30
MINUTES

MOVEMENT THAT MATTERS



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EDUCATION



ACTION



CONSISTENCY

WALKING IS ONE OF THE SIMPLEST PLACES TO START

Walking doesn't require expensive equipment. It can be done almost anywhere, and you can adjust the duration and pace to your current ability. If you're currently inactive, you don't need to suddenly start walking for an hour every day. **Start where you are.** Maybe that's 10 minutes. Maybe it's 20. Your starting point matters less than establishing the habit.

Break It Up If You Need To

10 minutes after breakfast + 10 minutes after lunch + 10 minutes after dinner = 30 minutes of walking. Several shorter walks can be easier to fit into the day than one longer session. Both count.

What About Step Counts?

There isn't a magical step number that suddenly makes a day successful. Use your current activity as your starting point, then look for opportunities to gradually do more.

“Don't compare your Day 1 to someone else's Day 500. Start where you are and build from there.”

Movement That Fits Your Life

MOVEMENT THAT FITS YOUR LIFE

Many ways to move. All count. Choose what you enjoy.

WALKING GOLF SWIMMING CYCLING GARDENING RECREATION

MORE ACTIVE LIFESTYLE

SUPPORTS HEART HEALTH MAINTAINS STRENGTH BOOSTS MOOD & ENERGY SUPPORTS WEIGHT GOALS IMPROVES OVERALL WELL-BEING

“Movement doesn't have to be extreme to matter. JUST KEEP MOVING.”

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FIND MOVEMENT THAT FITS YOUR LIFE

The best activity plan isn't necessarily the one that burns the most calories — it's the one you're willing and able to **keep doing**. Walking is an excellent starting point, but it isn't your only option. You might enjoy golf, swimming, cycling, dancing, pickleball, gardening, hiking, or playing with your grandkids.

Create Movement Opportunities

- Park a little farther away
- Take the stairs when appropriate
- Walk while talking on the phone
- Take a short walk after a meal
- Get up regularly during long periods of sitting

IMPORTANT

If you haven't exercised recently, have physical limitations, or have a medical condition that may affect your ability to exercise safely, talk with an appropriate healthcare professional before beginning or substantially increasing an exercise program. Stop and seek medical attention if you experience chest pain, severe shortness of breath, fainting, or other unusual symptoms during activity.

“Movement doesn't have to be extreme to matter. Just keep moving.”

Build & Protect Muscle

STRENGTH MATTERS MORE AFTER 40



Muscle affects far more than how you look. Muscle supports your ability to get out of a chair, climb stairs, carry groceries, play with your children or grandchildren, participate in sports and activities you enjoy, maintain balance and physical function, and continue living independently as you get older.

Unless we're doing something to maintain it, we tend to lose muscle as we age. That's why maintaining muscle deserves a place near the top of your priorities after 40. **You don't need to become a bodybuilder** — you simply don't want to ignore your muscle.

MUSCLE & WEIGHT LOSS

When people say “I want to lose weight,” what they usually mean is “I want to lose excess body fat.” Those aren't exactly the same thing. That's where two pieces of your Reset work together: **protein + strength training**. Strength training provides a stimulus telling your body: this muscle is still needed. That's why we're not relying on the scale alone to define success.

Ways to Build Strength

WAYS TO BUILD STRENGTH

BODY WEIGHT
Use your body.
Build strength anywhere.

BANDS
Simple, effective
and joint-friendly.

DUMBBELLS
Versatile and effective
for all fitness levels.

MACHINES
Safe, controlled
and easy to use.

LEARN
Learn the basics.
Move with purpose.

PRACTICE
Practice often.
Focus on form.

BUILD
Build consistency.
See gains.

PROGRESS
Progress at your pace.
Keep getting stronger.

“ You don’t have to start strong. You start—and become stronger. ”

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WHAT COUNTS AS STRENGTH TRAINING?

Strength training simply means asking your muscles to work against resistance. That resistance can come from your **body weight** (squats, modified push-ups), **resistance bands**, **dumbbells**, **weight machines**, or even appropriate household objects. There isn't one required method — the important part is challenging your muscles safely and consistently.

How Often?

For general health, adults are commonly encouraged to perform muscle-strengthening activity involving the major muscle groups on **at least two days each week**, covering legs and hips, chest, back, shoulders, arms, and core.

START AT YOUR LEVEL

If you haven't strength trained in years — or ever — don't begin by copying someone who's been training for a decade. Learn the movement, build consistency, then gradually increase the challenge. This is called **progressive overload**: as your body adapts, give it a little more to do.

The ME40 Approach

ME40 DAILY 10™

10 Exercises • Approximately 10 Minutes
Simple Place to Start

✓ Simple ⌚ Effective 📅 Do it daily

▶ Follow along video guidance for all 10 exercises.
Do them at home or at the gym.

PROGRESS BEYOND THE SCALE

MORE STRENGTH
Carry more.
Lift more.
Feel stronger every day.

BETTER FUNCTION
Move easier.
Do more.
Improve balance and mobility.

MORE CONFIDENCE
Feel good in your body.
Show up with confidence.

MORE CAPABILITY
Keep doing what you love.
For years to come.

**“ You don’t need to train like a bodybuilder.
You do need to give your muscles a reason to stay. ”**

GIVE YOUR MUSCLES A REASON TO STAY.

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THE ME40 APPROACH

Your 30-Day Reset isn't asking you to live in the gym. If you already have a strength-training program you enjoy, keep using it. If you're just getting started, the **ME40 Daily 10™ Challenge** gives you a simple routine built around 10 exercises completed in approximately 10 minutes — designed to remove the most common barrier to getting started: “I don't have time.”

DON'T MEASURE SUCCESS ONLY BY THE SCALE

Strength progress shows up in ways the bathroom scale will never tell you — more repetitions, slightly more resistance, getting out of a chair more easily, walking up stairs with greater confidence, carrying something that used to feel heavy.

IMPORTANT

If you have an injury, significant mobility limitation, medical condition, or haven't exercised recently, consult an appropriate healthcare professional before beginning or substantially changing your exercise program. Exercises should be modified or stopped if they cause pain or other concerning symptoms.

“You don’t need to train like a bodybuilder. You do need to give your muscles a reason to stay.”

Hydration

A SIMPLE HABIT THAT'S EASY TO OVERLOOK

HYDRATION MATTERS

BODY FUNCTION
Water supports essential processes in your body.

PHYSICAL PERFORMANCE
Proper hydration helps you perform at your best.

TEMPERATURE
Water helps regulate your body temperature and keeps you cool.

DIGESTION
Water supports digestion and helps reduce discomfort.

DAILY ACTIVITY
Hydration helps you feel better and stay ready for anything.

Small sips. Steady habits. Big difference.

“ Don't wait until the *end of the day* to remember your *water*. ”

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You can spend a lot of time thinking about protein, calories, exercise and the scale ... and completely overlook one of the simplest parts of your daily routine: **drinking enough fluids.**

Water is involved in virtually every major system in your body. Adequate hydration helps support normal body function, physical performance and your ability to stay active throughout the day. And unlike complicated nutrition strategies, hydration is something you can begin improving today.

WHY HYDRATION MATTERS

Adequate fluids help support **normal body function**, **physical performance** (even modest dehydration can make activity feel harder), **temperature regulation**, and **digestion**. Sometimes simply establishing a regular drinking routine can prevent you from reaching the end of the day realizing you've barely had anything to drink.

Build Hydration Into Your Day

BUILD HYDRATION INTO YOUR DAY

MORNING

Start your day with water.

MEALS

Drink with meals to stay on track.

ACTIVITY

Hydrate before, during and after.

AFTERNOON

Keep sipping throughout the day.

EVENING

Finish your day well hydrated.

- ✓ **KEEP IT VISIBLE.**
- ✓ **KEEP IT AVAILABLE.**
- ✓ **KEEP DRINKING.**

FLUIDS COUNT

- Water
- Sparkling Water
- Coffee
- Tea
- Milk

CALORIES IN DRINKS COUNT TOO

- Soda
- Sweet Drinks
- Juices
- Sports Drinks
- Sugary Coffee Drinks

BUT

Choose what supports your goals. Hydration is about more than just water.

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HOW MUCH SHOULD YOU DRINK?

You've probably heard rules like "everyone needs 8 glasses of water" or "64 ounces." Those can be useful reminders, but hydration needs aren't identical for everyone — they change based on body size, activity level, climate, how much you sweat, foods and other beverages you consume, medications, and individual health circumstances. So instead of obsessing over one perfect number, the Reset focuses on building a **consistent hydration habit**.

Make Hydration Easier

Start early — don't wait until dinner. **Keep water available** — you're more likely to drink when it's within reach. **Connect water to things you already do** — wake up, meals, activity, breaks. **Prepare for activity** — plan ahead rather than waiting until you're already thirsty.

What About Coffee, Tea & Other Drinks?

Water doesn't have to be your only source of fluids. But beverages can add calories quickly — sugar-sweetened drinks and specialty coffees can significantly increase daily calorie intake. **Just be aware of what you're drinking.**

Your Hydration Habit

“ You don’t need to make hydration complicated. ”

YOUR HYDRATION HABIT

1 START EARLY
Begin your day with water.

2 DRINK REGULARLY
Sip throughout the day. Stay ahead, not behind.

3 PLAN FOR ACTIVITY
Bring water. Hydrate before, during and after.

4 REPEAT TOMORROW
Consistency today creates results tomorrow.

INCREASE ATTENTION TO FLUIDS WHEN...

HEAT
Higher temps increase fluid loss.

ACTIVITY
Movement requires more fluids.

SWEATING
Replace what your body loses.

Small habits. Big impact.

Better hydration. Better you.

MAKE IT CONSISTENT.

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PAY ATTENTION TO YOUR BODY

Thirst is an obvious sign that it's time to drink. Urine that is consistently very dark may indicate you need more fluids, though color can also be affected by medications, supplements and foods. Your goal isn't to obsess over hydration — it's to make drinking fluids something you do consistently throughout your day.

When You May Need More

Your fluid needs may increase when you're exercising, sweating more than usual, spending time in hot or humid weather, or active outdoors for long periods. **More isn't always better** — drinking excessive fluid over a short period can disrupt your body's electrolyte balance and can be dangerous.

IMPORTANT

People with certain heart, kidney, liver or other medical conditions may be advised to limit fluids or follow specific hydration and electrolyte recommendations. Certain medications can also affect fluid and electrolyte needs. Follow the recommendations of your healthcare professional rather than a general hydration target.

“You don’t need to make hydration complicated. Make it consistent.”

Sleep & Recovery

PROGRESS HAPPENS OUTSIDE THE WORKOUT TOO



Protein matters. Movement matters. Strength training matters. But your body also needs an opportunity to **recover**. Sleep and recovery aren't wasted time — they're part of the process.

Your sleep can affect your energy, appetite, mood, training performance, decision-making and ability to consistently follow the habits you're building. You don't need to earn your rest, and doing more isn't always better. The goal is a routine that lets you **challenge your body, recover, and come back ready to do it again**.

WHY SLEEP MATTERS

Consistently getting adequate, quality sleep supports **energy, appetite & food choices** (inadequate sleep can affect hunger and decisions around food), **muscle recovery**, and **mood & focus**. It's harder to maintain healthy habits when you're constantly exhausted.

Your Evening Wind-Down



HOW MUCH SLEEP DO YOU NEED?

Sleep needs vary somewhat from person to person. For most adults, **at least 7 hours per night** is generally recommended, with many adults doing well in the range of approximately **7-9 hours**. But duration isn't the entire story — sleep quality matters too.

Build a Better Sleep Routine

You can't force yourself to sleep, but you can create conditions that make quality sleep more likely: **keep a consistent schedule, create a wind-down routine, make your room sleep-friendly, watch late-day caffeine, be aware of alcohol** (it may make you sleepy initially but can disrupt sleep quality later), and **put space between your screen and sleep**.

"Better sleep doesn't start when your head hits the pillow. It starts with the routine you create before you get there."

Train. Recover. Repeat.



RECOVERY IS MORE THAN SLEEP

Strength training challenges your muscles; recovery gives them time to adapt. That doesn't necessarily mean spending your recovery days on the couch — **active recovery counts**, including walking, gentle mobility work, recreational activity, stretching, or simply reducing training intensity. The point is to balance challenge and recovery.

Listen to the Signals

Some muscle soreness after unfamiliar exercise can be normal. But persistent pain, declining performance, unusual exhaustion or feeling constantly run down may be signs your body needs more recovery. More exercise isn't automatically the solution to stalled progress.

WHEN SLEEP PROBLEMS DESERVE ATTENTION

Occasionally having a poor night's sleep is common. But persistent difficulty sleeping, significant daytime sleepiness, loud snoring, waking up gasping or choking, or other ongoing sleep concerns shouldn't be ignored. Discuss persistent sleep problems with an appropriate healthcare professional.

“You don’t make progress by seeing how much punishment your body can tolerate. **Train. Recover. Repeat.”**

Where GLP Support Fits

ONE TOOL — NOT THE ENTIRE STRATEGY



GLP-based approaches have changed the conversation around weight management. For some people, prescription GLP-1 medications and newer combination therapies can be useful tools for reducing appetite, improving blood-sugar control and supporting meaningful weight loss. Other people may explore non-prescription approaches marketed for metabolic or GLP support.

But there's an important principle behind the Metabolic Edge 40+ approach: **GLP support is one tool. It isn't the entire strategy.** Whether you're currently using a prescription GLP medication, considering one, exploring other support, or using nothing at all, the fundamentals we've covered throughout this Reset still matter — protein, strength, nutrition, movement, hydration, and sleep & recovery.

Learn First. Then Decide.

GLP SUPPORT OPTIONS

THREE DIFFERENT APPROACHES. NOT ONE-SIZE-FITS-ALL.



PRESCRIPTION GLP-1

Medications prescribed by a licensed healthcare provider.

- ✓ Examples: Semaglutide, Liraglutide
- ✓ FDA-approved for specific uses
- ✓ Typically require a prescription
- ✓ May have side effects
- ✓ Usually higher cost

Best for many who qualify and are prescribed and monitored by a healthcare professional.



GLP-1 + GIP

Dual-action medications prescribed by a licensed healthcare provider.

- ✓ Example: Tirzepatide
- ✓ Targets two pathways (GLP-1 + GIP)
- ✓ Currently prescription only
- ✓ May have side effects
- ✓ Usually higher cost

An option for those who qualify and are prescribed and monitored by a healthcare professional.



NON-PRESCRIPTION METABOLIC SUPPORT

Non-prescription options designed to support your metabolism as part of a healthy lifestyle.

- ✓ Natural, non-prescription approach
- ✓ Supports appetite, metabolism, and energy
- ✓ Use with proper education and guidance
- ✓ Not a substitute for healthy habits
- ✓ Typically more affordable

A practical option for many looking for non-prescription metabolic support.



LEARN
Gather accurate information from trusted sources.



UNDERSTAND
Know the differences, benefits, risks and considerations.



DISCUSS
Talk with a qualified healthcare provider about what's right for you.



DECIDE
Make an informed decision that fits your goals and lifestyle.

WANT TO GO DEEPER?

FREE GLP EDUCATION

Understand the different options, important distinctions and questions to consider.

MetabolicEdge40.com — Choose GLP Options

“ GLP SUPPORT MAY BE ONE PIECE OF THE PUZZLE. YOUR FOUNDATION STILL MATTERS. ”



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EDUCATION



ACTION



CONSISTENCY



RESULTS

NOT ALL GLP OPTIONS ARE THE SAME

The term “GLP” gets used broadly online, but different options can be very different from one another — **prescription GLP-1 medications**, **GLP-1 + GIP therapies**, and **non-prescription metabolic support** products marketed to support GLP-1 activity, appetite or metabolic health. These are **not equivalent to prescription GLP medications**, and their ingredients, evidence, effects and regulatory oversight can differ substantially.

EDUCATION BEFORE DECISION

There isn't one weight-management approach that's right for everybody, and the fact that something is labeled “natural” doesn't automatically mean it's effective, appropriate or risk-free. **Your Reset doesn't depend on GLP support** — you do not need to use a GLP product to complete the 30-Day Reset. The habits in this program stand on their own.

IMPORTANT

Metabolic Edge 40+ provides educational information and does not diagnose, treat or prescribe. Prescription medication decisions should be made with an appropriately licensed healthcare professional who understands your medical history, medications and individual circumstances. Do not start, stop or change a prescription medication based on information in this guide.

Your 30-Day Action Plan

FOUR WEEKS. FIVE DAILY HABITS. ONE SIMPLE PLAN.

30-DAY ROADMAP

**WEEK 1
FOUNDATION**

Build your basics. Set the foundation for success.

**WEEK 2
CONSISTENCY**

Create daily habits. Focus on showing up for yourself.

**WEEK 3
MOMENTUM**

Build momentum. Stay consistent. See progress. Stay motivated.

**WEEK 4
LIFESTYLE**

Make it your lifestyle. Keep building the life you want.

FOCUS ON PROGRESS, NOT PERFECTION.

30-DAY RESET

A SIMPLE PLAN. POWERFUL RESULTS.

Small daily choices. Consistent action.
Compounding results. A stronger, healthier you — starting today.

YOUR DAILY RESET HABITS

PROTEIN
 Fuel your body.
 Support muscle.
 Control hunger.

MOVEMENT
 Move daily.
 Burn calories.
 Boost energy.

STRENGTH
 Build muscle.
 Boost metabolism.
 Get stronger.

HYDRATION
 Stay hydrated.
 Support performance and recovery.

RECOVERY
 Rest and recover.
 Improve sleep.
 Recharge.

DON'T TRY TO WIN ALL 30 DAYS TODAY. JUST WIN TODAY.

**METABOLIC
EDGE 40+**

30-DAY RESET™
 ONE MONTH. LIFE-CHANGING HABITS.

EDUCATION

ACTION

CONSISTENCY

RESULTS

You've learned the fundamentals. Now it's time to put them into action. For the next 30 days, you aren't going to try to completely reinvent your life overnight — instead, you'll build your Reset one week at a time.

YOUR FOUR-WEEK ROADMAP

Week 1 — Build the Foundation: learn your starting point and begin practicing the five daily habits. **Week 2 — Build Consistency:** make those actions easier to repeat. **Week 3 — Build Momentum:** strengthen what's working. **Week 4 — Make It Your Lifestyle:** decide which habits you'll carry forward after Day 30.

You won't perform every habit perfectly every day. **That isn't the goal.** The goal is to become more consistent.

Week 1 — Foundation



**METABOLIC
EDGE 40+**



PROTEIN
TRACK IT

Aim for 120g+ daily.
Track your intake and hit your target.



MOVEMENT
MEASURE IT

Get in 30 minutes of walking daily.
Track your steps.



STRENGTH
START IT

Do 2–4 strength sessions this week.
Your muscles matter.



HYDRATION
START EARLY

Drink 64 oz+ of water each day. Start early and stay consistent.



RECOVERY
NOTICE IT

Prioritize 7+ hours of quality sleep.
Recovery drives results.



THIS WEEK:
DON'T JUDGE YOUR STARTING POINT.

LEARN FROM IT.



**METABOLIC
EDGE 40+**

30-DAY RESET™
ONE MONTH. LIFE-CHANGING HABITS.



EDUCATION



ACTION



CONSISTENCY



RESULTS

WEEK 1 — BUILD THE FOUNDATION (DAYS 1-7)

Your first week isn't about doing everything perfectly. It's about understanding where you are **right now** and beginning to build your routine. Don't judge your starting point — measure it, then start moving forward.

Protein: know your starting point — pay attention to how much you're currently eating, then establish a practical target. **Movement:** establish your baseline — note your typical activity and add intentional movement. **Strength:** start the habit — complete at least two strength-focused sessions this week.

Hydration: start earlier in your day. **Recovery:** look at your sleep — when you go to bed, when you wake, how rested you feel.

"Awareness before optimization. You can't improve a routine you aren't paying attention to."

Week 2 — Consistency



WEEK 2—CONSISTENCY

SHOW UP. STAY ON TRACK. **SMALL ACTIONS.** BIG IMPACT.



PROTEIN

PREPARE IT

Plan ahead.
Hit your target.
Set yourself up
for success.



MOVEMENT

SCHEDULE IT

Put it on your calendar.
Take your steps.
Make it non-negotiable.



STRENGTH

REPEAT IT

Stick to your plan.
Progress comes
from repetition.



HYDRATION

CONNECT IT

Link water to
your habits.
Sip consistently
throughout the day.



RECOVERY

ROUTINE IT

Create a bedtime
routine. Protect
your sleep.
Recover to improve.



ACTION

Make the choice.
Take the step.



REPEAT

Do it again.
Build the pattern.



REPEAT

Keep showing up.
Build the momentum.



HABIT

It becomes automatic.
It becomes you.

**“CONSISTENCY
BEATS
OCCASIONAL
PERFECTION.”**



**METABOLIC
EDGE 40+**

30-DAY RESET™
ONE MONTH. **LIFE-CHANGING** HABITS.



EDUCATION



ACTION



CONSISTENCY



RESULTS

WEEK 2 — BUILD CONSISTENCY (DAYS 8-14)

You've spent a week paying attention. Now we begin turning better decisions into **repeatable behaviors**. The question this week isn't "can I do this once?" It's "can I do this again tomorrow?"

Protein: make it easier — identify meals where you're falling short and choose simple options to keep available. **Movement:** create a routine — choose times when movement fits naturally into your day.

Strength: do it again — focus on good movement and control; consistency before intensity. **Hydration:** connect it to your day. **Recovery:** create a wind-down — choose one or two actions that signal the end of your day.

“Make the better choice the easier choice. Preparation reduces the decisions you have to make when you’re tired, hungry or busy.”

Week 3 — Momentum



WEEK 3 — MOMENTUM

BUILD ON WHAT'S WORKING. RAISE THE STANDARD.
CREATE MOMENTUM THAT LASTS.

PROTEIN	MOVEMENT	STRENGTH	HYDRATION	RECOVERY
CLOSE THE GAP	ADD A LITTLE	PROGRESS	PLAN AHEAD	PROTECT IT
Hit your daily target. Make protein a priority. Fuel your results.	Add a few more minutes. More steps. More often.	Increase reps, add weight or add a set. Challenge yourself.	Prepare your water. Stay ahead of your day. Stay consistent.	Guard your sleep. Manage stress. Recovery leads to progress.






“ YOU DON'T NEED A NEW PLAN. KEEP IMPROVING THE ONE YOU'RE FOLLOWING. ”


METABOLIC EDGE 40+

30-DAY RESET™
 ONE MONTH. LIFE-CHANGING HABITS.

 EDUCATION

 ACTION

 CONSISTENCY

 RESULTS

WEEK 3 — BUILD MOMENTUM (DAYS 15-21)

You've made it halfway through your Reset. Now look at what's working. This isn't the week to completely change your plan — it's the week to **build on your successes**.

Protein: close the gaps — where are you consistently missing your goal? Make one adjustment. **Movement:** add a little more — a few more minutes, another short walk. **Strength:** progress when ready — another rep, slightly more resistance, better control. **Hydration:** plan for your hard days — busy days, travel days, golf days, hot days. **Recovery:** protect it — don't sacrifice sleep to squeeze more into your day.

“Progress what's working. Don't chase novelty — build momentum from the habits you're already establishing.”

Week 4 — Lifestyle



WEEK 4 — LIFESTYLE

MAKE IT **YOURS**. MAKE IT **SUSTAINABLE**. MAKE IT **FOR LIFE**.

 PROTEIN KEEP YOUR SYSTEM Stay consistent. Plan ahead. Make protein a non-negotiable. It's your foundation.	 MOVEMENT KEEP WHAT YOU ENJOY Do what keeps you moving. Make it part of your day. Enjoyment creates sustainability.	 STRENGTH MAKE IT WEEKLY Build strength 2–4 times per week. It protects your body and fuels your metabolism.	 HYDRATION KEEP YOUR CUES Use reminders. Keep water with you. Small cues create big results over time.	 RECOVERY PROTECT YOUR ROUTINE Sleep well. Manage stress. Recovery is where your body gets stronger.
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 **DAY 1** >  **DAY 30** >  **DAY 31** >  **KEEP GOING**

DAY 30 ISN'T THE END. IT'S YOUR LAUNCH PAD.
Build on what you've created. Keep improving. Keep growing. Keep becoming the healthiest you can be.



DAY 30 CALL OUT
You didn't spend 30 days becoming perfect. You spent 30 days becoming more intentional.
NOW KEEP GOING.

DON'T FINISH. CONTINUE.





METABOLIC EDGE 40+

30-DAY RESET™
ONE MONTH. LIFE-CHANGING HABITS.

 **EDUCATION**

 **ACTION**

 **CONSISTENCY**

 **RESULTS**

WEEK 4 — MAKE IT YOUR LIFESTYLE (DAYS 22-30)

You're entering the final stretch. But Day 30 isn't supposed to be the day your healthy habits end — it's the day you begin deciding: **“What do I keep?”**

Protein: know your system — identify the protein choices you can rely on regularly. **Movement:** know what you enjoy — build around activities you look forward to. **Strength:** make it part of your week — decide when it realistically fits after the Reset. **Hydration:** keep your cues. **Recovery:** protect your routine — identify what made the biggest difference and keep it.

Look back before you look forward. Compare Day 1 with today — not just body weight. Are you stronger? Moving more? Eating more protein? More consistent with hydration? More in control of your routine? Those are wins.

“You didn’t spend 30 days becoming perfect. You spent 30 days becoming more intentional. Now keep going.”

Your Daily Reset Checklist

FOCUS ON WHAT YOU CAN CONTROL TODAY



You've spent the first part of this program learning what matters. Now we're going to make it simple. Every day during your 30-Day Reset, focus on the five habits you've been building. You don't need to ask "was today perfect?" Instead ask: **"Did I take action?"**

YOUR 5 DAILY RESET HABITS

1 — Protein: did I prioritize protein today? **2 — Movement:** did I intentionally move today? **3 — Strength:** did I support my muscle today? **4 — Hydration:** did I make hydration a priority today? **5 — Sleep & Recovery:** did I do something today that supports tonight's sleep and my recovery?

How to Use Your Checklist

At the end of each day, mark the habits you completed. Don't use the checklist to criticize yourself — use it to **spot patterns**. You don't need five checkmarks every day to make progress, but over time you want to see more checkmarks appearing more consistently.

"Don't focus on everything you can't control. Focus on your next five actions."

Printable — My 30-Day Checklist

FIVE HABITS. ONE DAY AT A TIME.

30-DAY DAILY RESET TRACKER

FIVE HABITS. EVERY DAY. BETTER RESULTS.

NAME: _____

START DATE: ____ / ____ / ____

30-DAY GOAL:

DAY	 PROTEIN Fuel your body. Support muscle.	 MOVEMENT Move daily. Burn calories.	 STRENGTH Build muscle. Get stronger.	 HYDRATION Stay hydrated. Perform better.	 SLEEP & RECOVERY Rest well. Recover fully.
01	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	21	☐ ☐ ☐
02	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	22	☐ ☐ ☐
03	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	23	☐ ☐ ☐
04	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	24	☐ ☐ ☐
05	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	25	☐ ☐ ☐
06	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	26	☐ ☐ ☐
07	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	27	☐ ☐ ☐
08	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	28	☐ ☐ ☐
09	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	29	☐ ☐ ☐
10	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	30	☐ ☐ ☐

NOTES / WINS / INSIGHTS: _____



METABOLIC EDGE 40+

30-DAY RESET

TODAY DOESN'T NEED TO BE PERFECT. IT JUST NEEDS YOUR NEXT BETTER DECISION.

Your Weekly Progress Check

MEASURE MORE THAN THE SCALE



The scale can provide useful information, but it doesn't tell the entire story. Your body weight can fluctuate from day to day because of changes in hydration, food intake, sodium, digestion and other factors. That means a single weigh-in doesn't automatically tell you whether your plan is working. During your 30-Day Reset, we're going to look at the **bigger picture**.

LOOK FOR PROGRESS IN MULTIPLE AREAS

Body weight, body measurements, progress photos, strength (are exercises becoming easier?), **movement** (are you walking more?), **energy, habits, and how your clothes fit**. Sometimes your clothes notice progress before you do.

Consistency Matters When You Measure

If you weigh yourself, take measurements or take progress photos, use reasonably consistent conditions — similar time of day, similar clothing, same scale, same locations. You don't need laboratory precision. You simply want your comparisons to be meaningful.

Printable — Weekly Progress Check

LOOK BACK. LEARN. ADJUST. KEEP GOING.

YOUR PROGRESS SCORECARD

SUCCESS IS MEASURED IN MANY WAYS.
ONE NUMBER **DOESN'T** TELL THE WHOLE STORY.

NAME: _____

START DATE: ____ / ____ / ____

30-DAY GOAL: _____

WHAT MATTERS	WHY IT MATTERS	DAY 1 (START)	DAY 30 (FINISH)	NOTES
 WEIGHT	The scale is useful, but it doesn't show the full picture.			
 MEASUREMENTS	Track inches lost. They show changes the scale can't.			
 PHOTOS	Visual progress helps you see what's changing.			
 STRENGTH	Getting stronger is a sign of real, lasting progress.			
 MOVEMENT	More movement. Better mobility. Improved quality of life.			
 ENERGY	More energy. Better mood. Better life.			
 HABITS	Strong habits create consistent results over time.			
 CLOTHES FIT	How your clothes fit can be one of the best indicators of progress.			

OVERALL REFLECTION

What changes did you see over the last 30 days?

What are you most proud of?

What will you focus on next?

WINS TO CELEBRATE

Big wins. Small wins. Every win matters.

1. _____

2. _____

3. _____

4. _____

5. _____

NOTES & INSIGHTS



METABOLIC EDGE 40+

30-DAY RESET™

MetabolicEdge40.com

Day 1 — My Starting Point

SEE YOUR CONSISTENCY ADD UP

Thirty days from now, you may not remember exactly how you felt on Day 1. That's why we're going to capture your starting point **before you begin**. This isn't about judging where you are today — it's about giving yourself something meaningful to compare with where you're going.

DAY 1 — MY STARTING POINT

THIS IS YOUR STARTING POINT.
NOT YOUR FINISHING POINT.

DATE: ____ / ____ / ____
 NAME: _____
 30-DAY GOAL: _____

NUMBERS

WEIGHT _____ lbs

WAIST _____ in

CHEST _____ in

HIPS _____ in

THIGHS (LEFT / RIGHT)
L _____ in R _____ in

ARMS (LEFT / RIGHT)
L _____ in R _____ in

AVG DAILY STEPS _____

STRENGTH BASELINE
(e.g., # Reps, Weight, Time)

AVG SLEEP _____ hours / night

HABITS

	YES	NO
PROTEIN Hitting my protein goal	☐	☐
MOVEMENT 30+ minutes of walking / activity	☐	☐
STRENGTH Strength training (2–4x per week)	☐	☐
HYDRATION 64 oz+ of water	☐	☐
SLEEP & RECOVERY 7–9 hours of quality sleep	☐	☐

NOTES: _____

HOW I FEEL

Energy Level: Low 1 2 3 4 5 High

Mood: Low 1 2 3 4 5 High

Stress Level: Low 1 2 3 4 5 High

Overall, I feel: _____

PHOTOS

FRONT SIDE BACK OTHER

MY WHY

Why am I doing this? What's important to me? What do I want my life to look like?

METABOLIC EDGE 40+ 30-DAY RESET™

MetabolicEdge40.com

SECTION 11



DAY 30 -- LOOK HOW FAR YOU'VE COME!

THIS ISN'T YOUR FINISH LINE.
IT'S PROOF OF YOUR **PROGRESS.**

DATE: ____ / ____ / ____

NAME: _____

30-DAY GOAL:

1 NUMBERS

	DAY 1	DAY 30
WEIGHT	_____	_____
WAIST	_____	_____
CHEST	_____	_____
HIPS	_____	_____
THIGHS (LEFT / RIGHT)	L ____ R ____	L ____ R ____
ARMS (LEFT / RIGHT)	L ____ R ____	L ____ R ____
AVG DAILY STEPS	_____	_____
STRENGTH BASELINE (E.G., REPS, WEIGHT, TIME)	_____	_____
AVG SLEEP (HOURS / NIGHT)	_____	_____

2 HABITS

Did I build each habit consistently?

	YES	NO
PROTEIN Hit my daily protein goal	☐	☐
MOVEMENT Moved daily / Hit my steps	☐	☐
STRENGTH Built muscle 2-4x per week	☐	☐
HYDRATION 64 oz+ of water	☐	☐
SLEEP & RECOVERY 7-9 hours of quality sleep	☐	☐

NOTES: _____

3 HOW I FEEL

Circle how you feel on most days.

ENERGY LEVEL	Low	1	2	3	4	High
MOOD	Low	1	2	3	4	High
STRESS LEVEL	Low	1	2	3	5	High
OVERALL	Poor	1	2	4	5	Excellent

4 PHOTOS

FRONT SIDE BACK OPTIONAL

5 MY BIGGEST WIN

What changed most during my 30-Day Reset?



COMPARE DAY 1 → DAY 30

Progress isn't only what changed on the scale.

IT'S EVERYTHING YOU CAN DO, FEEL AND SUSTAIN TODAY
THAT YOU COULDN'T ON DAY 1.

I'M PROUD OF:

- _____
- _____
- _____



YOU SHOWED UP FOR 30 DAYS.
THAT'S NOT EASY. **THAT'S TRANSFORMATION.**



KEEP DOING WHAT WORKS. KEEP BUILDING. **THE BEST IS AHEAD.**

After Day 30

DON'T START OVER. KEEP MOVING FORWARD.



YOU DON'T NEED TO START OVER.
TAKE WHAT WORKED. IMPROVE WHAT DIDN'T.
THEN KEEP MOVING FORWARD.

NAME: _____
 DATE: ____ / ____ / ____
 MY WHY: _____





PROTEIN
FUEL YOUR BODY.
SUPPORT MUSCLE.



MOVEMENT
MOVE DAILY.
BOOST ENERGY.



STRENGTH
BUILD MUSCLE.
GET STRONGER.



HYDRATION
STAY HYDRATED.
FEEL BETTER.



RECOVERY
SLEEP WELL.
RECOVER FULLY.

MY COMMITMENTS

1 PROTEIN	2 MOVEMENT	3 STRENGTH	4 HYDRATION	5 RECOVERY
MY COMMITMENT:	MY COMMITMENT:	MY COMMITMENT:	MY COMMITMENT:	MY COMMITMENT:

DON'T START OVER. KEEP MOVING FORWARD.

CONSISTENCY TODAY. RESULTS TOMORROW.

You made it to Day 30. But here's something important: **you're not finished.** And you don't need another "Day 1." The purpose of this Reset was never to give you a temporary plan that disappears after 30 days — it was to help you discover which habits you can build into your **real life.**

Over the last 30 days, you've worked on prioritizing protein, moving your body, building & protecting muscle, staying hydrated, and prioritizing sleep & recovery. Now comes the most important part: **keep doing what works.**

YOUR NEXT 30 DAYS

Before you move forward, ask yourself: **what became easier?** Which habits now feel more natural than they did on Day 1? **What made the biggest difference? Where do I still struggle?** Don't hide from the areas that need work — they're showing you where to focus next. **What can I realistically continue?** Build a lifestyle you can imagine following six months from now.

"You don't need to start over. Take what worked. Improve what didn't. Then keep moving forward."

Ready to Go Deeper?

The 30-Day Reset was your action plan. You now have a simple framework for putting better habits into practice. But you may want to understand more about why your body changes after 40 — and how all the pieces fit together. That's where the next level of Metabolic Edge 40+ comes in: the **Metabolic Reset Complete Bundle**, combining this 30-Day Reset™ with the comprehensive Metabolic Reset System and the ME40 Daily 10™ Challenge.

If you purchased the 30-Day Reset for \$27, you've already made an investment in yourself — that \$27 can be credited toward the \$97 Complete Bundle. No paying twice for the same program.



YOU'VE BUILT THE FOUNDATION.

NOW TAKE IT FURTHER.

The next step in your Metabolic Edge 40+ journey.

— THREE POWERFUL COMPONENTS. ONE COMPLETE SOLUTION. —

1 30-DAY RESET™



BUILD CONSISTENT DAILY HABITS

Create momentum. See early results.

2 METABOLIC RESET SYSTEM



THE COMPLETE BLUEPRINT

Sustainable fat loss and better health after 40. Nutrition. Training. Habits. Mindset.

3 ME40 DAILY 10™



10 MINUTES A DAY

10 simple exercises. Stronger body. Better results.

ALL THE TOOLS. ALL THE GUIDANCE. ALL IN ONE COMPLETE SOLUTION.

METABOLIC RESET COMPLETE BUNDLE

 **\$97** COMPLETE BUNDLE
Full Value

 **-\$27** ALREADY PAID
For the 30-Day Reset™

 **= \$70 UPGRADE**
Your Next Best Step

 **CONTINUE WITH THE COMPLETE BUNDLE**

 Secure Checkout
Upgrade once. Get everything. Stay focused. Get results.

“ You've taken action, built momentum, and proven to yourself that change is possible.
Now keep building. Keep showing up.
Keep becoming stronger every day.

— Coach Alan



MetabolicEdge40.com



ONE PLAN.
CLEAR DIRECTION.



PROVEN STRATEGIES.
REAL RESULTS.



STRONGER BODY.
BETTER HEALTH.



BETTER LIFE.
NO LIMITS.

ME40 Daily 10™ Challenge

10 MINUTES. 10 EXERCISES. ONE SIMPLE DAILY ROUTINE.



METABOLIC EDGE 40+

You don't need an hour.
You don't need a complicated workout.
YOU JUST NEED A PLACE TO START.

ME40 DAILY 10™

🕒 10 Exercises • ⌚ Approximately 10 Minutes • ✅ Simple Place to Start

10 SIMPLE EXERCISES. ONE POWERFUL HABIT.

- 1 MARCH IN PLACE
- 2 CHAIR SQUATS
- 3 COUNTER PUSH-UPS
- 4 HIGH KNEE MARCH
- 5 WALL PLANK
- 6 GLUTE BRIDGES
- 7 STANDING CALF RAISES
- 8 SEATED TWISTS
- 9 STANDING HIP HINGES
- 10 SHOULDER ROLLS

BUILD CONSISTENCY
Small daily actions create big results.

FIT ANY SCHEDULE
Just 10 minutes a day.

DESIGNED FOR 40+
Simple movements that work.

SUSTAINABLE RESULTS
Do it daily. Feel the difference.

START THE ME40 DAILY 10™ CHALLENGE

FREE RESOURCE. OPEN TO EVERYONE.

The ME40 Daily 10™ Challenge is a free resource created to help you build the habit of daily movement. No purchase required. Just a commitment to you.

Start today. Move daily. Transform your life.

METABOLIC EDGE 40+ | MetabolicEdge40.com |    

One of the biggest barriers to strength-focused activity isn't knowing that exercise matters — it's figuring out **where to start**. That's why we created the **ME40 Daily 10™ Challenge**: a simple exercise resource designed to help adults 40+ make movement and strength-focused activity easier to incorporate into everyday life.

The ME40 Daily 10™ includes guided instruction for 10 exercises, each with guidance on how to perform the movement, why it matters, helpful tips, and important safety considerations — plus access to accompanying exercise videos.

You can use it as a place to start if you're returning to exercise, a short routine when time is limited, a consistency tool, or a foundation that can eventually lead to a more comprehensive strength-training routine. **You have to start with something you can actually do consistently.**

Free GLP Education

UNDERSTAND YOUR OPTIONS. MAKE AN INFORMED DECISION.



**METABOLIC
EDGE 40+**

Don't choose based on hype.
Don't choose based on fear.

LEARN FIRST. THEN DECIDE.





GLP-1

Prescription medications that mimic GLP-1.

- Support appetite and blood sugar regulation.
- Discuss with your healthcare provider.

 Prescription Only
Medical Provider Required



GLP-1 + GIP

Prescription medications that target GLP-1 and GIP.

- May offer additional benefits for appetite, blood sugar and weight management.
- Discuss with your healthcare provider.

 Prescription Only
Medical Provider Required



NON-PRESCRIPTION METABOLIC SUPPORT

Natural options that support metabolism, energy and overall wellness.

- Not intended to treat, cure or prevent disease.
- Choose quality. Read labels.

 Non-Prescription
Self-Directed Support

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

THE SMART PATH:



EDUCATION
Gather facts.
Know your options.



UNDERSTANDING
Understand how
each option works.



BETTER QUESTIONS
Ask the right questions.
Get clear answers.



INFORMED DECISION
Make the decision
that's right for you.



**EXPLORE FREE
GLP EDUCATION**



Choose GLP Options at
MetabolicEdge40.com



GLP SUPPORT CAN BE A TOOL.



**YOUR LIFESTYLE IS
STILL THE FOUNDATION.**



METABOLIC EDGE 40+

MetabolicEdge40.com

GLP medications have become one of the biggest topics in weight management — and with that attention has come a lot of questions, confusion, marketing, and sometimes unrealistic expectations. At Metabolic Edge 40+, our approach is simple: **education comes first.**

Our free GLP Education Resource can help you learn more about important differences between **prescription GLP-1 medications**, **GLP-1 + GIP therapies**, and **non-prescription metabolic support options**. These categories are not interchangeable — they can differ substantially in how they work, the evidence supporting them, potential benefits and risks, side effects, cost and regulatory oversight.

Whether you use GLP support or not, don't lose sight of the foundation you've built throughout your 30-Day Reset. **No single product replaces those fundamentals.**



METABOLIC EDGE 40+

DISCLAIMER

The content provided by Metabolic Edge 40+ is for educational and informational purposes only. It is not intended as medical advice, diagnosis, or treatment. Always consult with your physician or other qualified healthcare provider before making any changes to your diet, exercise routine, or health regimen.



NUTRITION

Nutritional guidance and meal suggestions provided by Metabolic Edge 40+ are general recommendations and may not be appropriate for your individual needs. Nutritional needs vary based on age, sex, medical conditions, medications, and activity level. You are responsible for choosing foods that are right for you.



EXERCISE

Exercise programs and movement suggestions are intended for general fitness and educational purposes. They may not be suitable for everyone. Always listen to your body and modify or stop any activity that causes pain or discomfort. Consult your physician before starting any new exercise program, especially if you have a medical condition or have been inactive.



GLP EDUCATION

Information about GLP-1 medications and other metabolic support options is provided for educational purposes only. It is not medical advice, and we do not practice medicine. Always consult with a licensed healthcare provider to determine what is safe and appropriate for you.



RESULTS

Individual results will vary. Success depends on many factors including your starting point, consistency, effort, lifestyle, and unique biology. Testimonials and examples represent individual experiences and are not typical. There are no guarantees of specific results.



INFORMATION

While we strive to provide accurate and up-to-date information, Metabolic Edge 40+ makes no warranties or representations of any kind regarding the completeness, reliability, or accuracy of the content. You agree to use this information at your own risk.



METABOLIC EDGE 40+
Education. Action. Consistency.
MetabolicEdge40.com