



14
DAY

INSULIN SENSITIVITY KICKSTART

Challenge



WWW.LIFESTYLEFITT.ONLINE

This document is for informational purposes only and is not a substitute for professional medical advice. Individuals in good health, those with health concerns, or those aware of any medical conditions or physical limitations should always consult a physician before starting any eating or exercise program.

14 DAY INSULIN SENSITIVITY



Challenge!

Welcome to Your Insulin Sensitivity Journey!

Welcome to your journey towards improving your insulin sensitivity, energy, and metabolic health!

The purpose of this challenge is to help you build the daily habits that support balanced blood sugar and improved insulin response—so your body works WITH you instead of against you.

Whether your goal is weight loss, steady energy, fewer cravings, or overall well-being, these habits benefit all!

Remember, this challenge is not about perfection but about action.

Try this for two weeks and then see which habits you can continue long-term and which ones may need more practice.

Disclaimer: This challenge is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making significant changes to your eating habits, especially if you have a history of eating disorders, medical conditions, or are taking medications that affect appetite or digestion.

14 DAY INSULIN SENSITIVITY *Challenge!*



The Rules Are Simple:

1. Read your "**Insulin Sensitivity Solution**" guide and "**7 Daily Habits to Build Powerful Insulin Sensitivity**" guide for full details on why these habits matter and how to implement them.
2. Each day, you will have 1 new healthy habit to add, building on the day before. By Day 13, you will be doing all 11 daily habits. Each habit is simple but very effective for improving insulin sensitivity and overall metabolic health. Days 7 and 14 are for rest, reflection, and commitment.
 - **Week 1 (Days 1-6):** Nutrition & Movement Foundations
 - **Week 2 (Days 8-13):** Sleep, Stress & Lifestyle
3. Log your habits & reflections on your "14-Day Challenge" tracker.
4. If you have consistently completed & stacked your daily habits for 14 days, then you have completed the Insulin Sensitivity Kickstart Challenge!



INSULIN SENSITIVITY KICKSTART CHALLENGE TRACKER

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6

BUILD YOUR INSULIN-SENSITIVE PLATE

INCLUDE PROTEIN + FIBRE + HEALTHY FATS AT EVERY MEAL

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

LOAD UP ON VEGETABLES

FILL ½ YOUR PLATE WITH NON-STARCHY VEGGIES AT LUNCH + DINNER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

POST MEAL WALK

GO FOR A 10-15 MINUTE WALK AFTER YOUR LARGEST MEALS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------

MEAL SPACING

EAT 3 MEALS PER DAY, NO SNACKING BETWEEN

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

PROTEIN-FORWARD BREAKFAST

INCLUDE 20-30 GRAMS OF PROTEIN AT BREAKFAST

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

EXPAND YOUR WALKS

WALK 10-15 MINUTES AFTER 2 MEALS

<input type="checkbox"/>

DAY 7

REST, REFLECT & PREPARE

The habit (or habits) I enjoyed the most was - please include why:

The habit (or habits) I found the most challenging was - please include why:

How am I feeling compared to Day 1?

INSULIN SENSITIVITY KICKSTART CHALLENGE TRACKER

CONTINUE ALL WEEK 1 HABITS PLUS ADD THESE NEW ONES:

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13
ALL WEEK 1 HABITS						
BALANCED PLATE, VEGGIES, WALKS, MEAL SPACING, PROTEIN BREAKFAST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SLEEP CONSISTENCY						
SAME BEDTIME & WAKE TIME DAILY, AIM FOR 7+ HOURS/NIGHT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
INPUT DETOX						
TAKE A BREAK FROM SOCIAL MEDIA AND NEWS		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING WIND-DOWN						
SCREENS OFF 1 HOUR BEFORE BED, DIM THE LIGHTS			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAILY STRESS RESET						
5-10 MIN BREATHWORK, MEDITATION, OR JOURNALLING				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
METABOLIC MOVEMENT						
15-20 MIN RESISTANCE TRAINING OR BODY WEIGHT EXERCISES					<input type="checkbox"/>	<input type="checkbox"/>

DAY 14

REST, REFLECT & COMMIT

The habit (or habits) I enjoyed the most was - please include why:

The habit (or habits) I found the most challenging was - please include why:

The habits I am committing to continue are:

How can I set myself up for success to continue these habits?