Nutrition Playbook

What we are building

Start by noticing your own routine.

Your first Builder's Move

Record one meal and the circumstances around it. Choose one repeatable planning habit.

Make it yours

My name: _____

Why this matters to me: _____

My next action: _____

When and where: _____

Accountable to me.

This is a reflection and habit-planning tool. It is not a personalized training, diet, medical, legal, or financial plan.

Your seven-day build

DAY 1 / Choose the move

Write down the action, when you will do it, and what completion looks like. Done / adjusted / missed: _____

DAY 2 / Do and record

Take your chosen action. Record what happened without dressing it up. Done / adjusted / missed: _____

DAY 3 / Name the obstacle

Write down what got in the way and one adjustment you can make. Done / adjusted / missed: _____

DAY 4 / Make it repeatable

Return to the action. Scale the commitment to something you can follow through on. Done / adjusted / missed: _____

DAY 5 / Notice progress

Record one thing that worked and one thing you learned. Done / adjusted / missed: _____

DAY 6 / Prepare the next move

Choose a time and prepare what you need for your next action. Done / adjusted / missed: _____

DAY 7 / Review and continue

What worked? What needs to change? Choose your next seven-day commitment. Done / adjusted / missed: _____

Review your week

Which meal habit would you like to understand or improve?

My next commitment: _____

Let's continue the build.

New companion prompts based on the established Built by Rod categories and first-week habit framework. Not a transcript of a verified reel.

Reel connection: pending verification. No reel link is claimed in this edition.

Open your walking planner and daily log