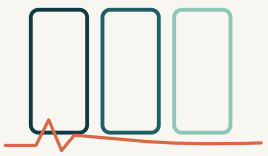
EvenKeel

VIP WELCOME KIT



EvenKeel VIP *Welcome* Kit

How to use your VIP library — reading paths by goal and a simple 6-week plan

GUIDE 05

EDITION 2026

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BEFORE YOU START

- This library is educational. It is not medical advice and does not replace care from your own doctor.
- Erection problems can be an early sign of heart disease, diabetes or high blood pressure. Please book a checkup with your doctor.
- Get urgent care right away for chest pain, fainting, or an erection that lasts more than 4 hours.
- If you have heart disease or another health condition, ask your doctor before starting new exercise.
- **Diabetes medicines:** if you take medicine for diabetes (especially insulin or a sulfonylurea), changing how you eat or move can cause **low blood sugar**. Talk with your doctor before you change your routine, and never change a dose yourself.
- Not for people with type 1 diabetes or an eating disorder unless their care team is involved. If you have kidney disease, check protein targets with your doctor.
- Never stop or change any medicine without your doctor.

CHAPTER 1

Welcome to the VIP library

Thank you for adding the VIP library. It is a shelf of six short guides that sit next to *The 21-Day Even-Keel Plan*. The core plan teaches the Plate · Pace · Pause Method for the After-Meal Window. Each VIP guide takes one situation from real life and shows how the method fits into it: a short night, a business trip, a drink with friends, a lab result, a stressful evening, or a birthday that ends in a zero.

Everything here is **digital**: PDF guides you can read on a phone or print at home. There is nothing shipped, no app, no calls and no weekly log-in. You have unlimited access to the files, so come back to any guide when it is useful.

YOUR VIP LIBRARY AT A GLANCE

#	GUIDE	MOST USEFUL WHEN…

#	GUIDE	MOST USEFUL WHEN…
07	Sleep & Blood Sugar	You sleep under 7 hours, snore or wake up tired
08	The Eating Out & Travel Playbook	You eat at restaurants, drive-throughs or airports often
09	Drinks, Alcohol & Smart Swaps	Soda, sweet coffee drinks or alcohol are a daily habit
10	Prediabetes, Diabetes & Your Care Team	You have lab results, a diagnosis or diabetes medicine
11	Stress, Cravings & Evening Eating	Evenings and the snack cupboard are your hard time
12	Metabolic Health After 50	You are 50 or older, or want to plan ahead

How each guide is built

Every guide opens with the same safety box, then a few short chapters, then at least one practical page: a checklist, a table or a worksheet. Read the guide once straight through. Then print the practical page, fill it in with a pen and put it where you will see it, such as the fridge door or the car.

Tip. One guide a week is plenty. Reading fast is less useful than trying one idea for seven days before you add the next.

CHAPTER 2

Reading paths by goal

Every path starts with the core plan (guide 01) as your daily base. Then pick the path that sounds most like you, and read the guides in that order. If two paths fit, start with the one that feels hardest today.

PICK YOUR PATH

IF THIS SOUNDS LIKE YOU…	READ IN THIS ORDER	FIRST SMALL STEP
"I take diabetes meds"	10 → 07 → 09	Book a visit and bring the question list from guide 10 before you change any habit
"I travel a lot"	08 → 07 → 09	Save the "order card" from guide 08 on your phone
"I'm 50+"	12 → 10 → 07	List which screenings you have had and when
"Evenings are my hard time"	11 → 07 → 09	Pick a kitchen-closed time and write it down
"I'm always tired"	07 → 11 → 12	Choose one wake-up time for all 7 days
"Drinks are my weak spot"	09 → 11 → 08	Count your sweet drinks and alcoholic drinks for one week

Note. If you take insulin or another diabetes medicine that can cause low blood sugar, guide 10 comes first on any path. Your care team should know you are changing meals or activity before you start.



The rhythm of every path: keep the core plan going, read one guide, try one habit.

CHAPTER 3

Your simple 6-week plan

This plan uses the whole library in six weeks, at about one guide per week. It assumes you are already doing, or have finished, the 21-day core plan. Keep the habits you like from each week; drop the ones that do not fit your life. Go at your own speed — stretching it to twelve weeks is fine.

SIX WEEKS, ONE GUIDE AT A TIME

WEEK	READ	TRY THIS WEEK	DONE
1	10 · Your Care Team	Book a checkup; write your questions; ask about low-blood-sugar safety if you take diabetes medicine	☐
2	07 · Sleep & Blood Sugar	Same wake-up time daily; start the 14-day sleep reset	☐
3	09 · Drinks & Swaps	Swap one sweet drink a day; set your alcohol limits	☐
4	11 · Stress & Evenings	Kitchen-closed time + a 4-minute breathing wind-down	☐
5	08 · Eating Out & Travel	Use the Plate rule at two meals away from home	☐
6	12 · After 50	Two short strength sessions; review your screenings list	☐

! **Safety.** If you feel shaky, sweaty, confused or unusually hungry while changing meals or activity — especially if you take diabetes medicine — follow your care team's low-blood-sugar plan and contact them. Do not change any dose on your own.

CHAPTER 4

Weekly check-in

Use this page at the end of each week. There is no score and no pass or fail. The point is to notice what is working so you can keep it, and to spot what you want to raise with your doctor.

WORKSHEET

Week number and guide I read:

The habit I tried, and how many days I did it:

Energy, sleep and mood this week (in my own words):

What got in the way, and one small change for next week:

Questions for my doctor:

- [ ] I kept my core plan base (plate, after-meal walk, wind-down) most days
- [ ] I read this week's guide and filled in its practical page
- [ ] I told my doctor about any changes if I take diabetes medicine
- [ ] I picked next week's guide

SOURCES

- American Diabetes Association — Standards of Care in Diabetes (recent editions)

- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) — erectile dysfunction; diabetes and prediabetes
- Centers for Disease Control and Prevention (CDC) — National Diabetes Prevention Program; physical activity guidelines
- American Urological Association — guideline on erectile dysfunction

This product is for educational purposes only and is not medical advice. It does not diagnose, treat, cure or prevent any disease. ED can be a sign of a serious health condition — please see a doctor. If you take medicine for diabetes, talk with your doctor before changing your diet or activity. Results vary. © 2026 EvenKeel. For personal use only.