EvenKeel

FAST-START BONUSES



The *Fast-Start* Bonuses

Bonus 1: The After-Meal Walk Card · Bonus 2: The Spike-Smart Grocery Swap List · Bonus 3: The Lab Numbers Prep Sheet

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Three short, printable tools that go with *The 21-Day Even-Keel Plan*. Read "Before you start" first.

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Print tip. Print Bonus 1 and stick it on the fridge or by the front door. Take Bonus 2 to the store on your phone. Bring Bonus 3 to your next appointment.

BEFORE YOU START

- **Educational only.** These tools are not medical advice and don't replace your doctor.
- **ED can be an early warning sign** of heart disease, diabetes or high blood pressure. Please book a checkup.
- **Urgent care:** call 911 for chest pain or pressure, shortness of breath or fainting; get urgent help for an erection lasting more than 4 hours.
- **Medical clearance first** for new exercise if you have heart disease or another ongoing condition.
- **Diabetes medicine?** If you take insulin or a sulfonylurea, changing food and activity can cause **low blood sugar**. Talk with your doctor before changing your routine, and never change a dose yourself.
- **Type 1 diabetes or an eating disorder?** Use these only with your care team's approval. **Kidney disease?** Check protein targets with your doctor.
- **Never stop or change a medicine** without the doctor who prescribed it.

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BONUS 1

The After-Meal Walk Card

Studies show that short walks after eating can lower the rise in blood sugar compared with sitting. This card keeps the habit simple. Cut along the border, or print it and pin it where you'll see it after meals.

WORKSHEET

My After-Meal Walk

WHEN	Start within about 30 minutes after you finish eating. Dinner first; add lunch or breakfast when it feels easy.
HOW LONG	10 minutes. Only have 5? Take 5. Something beats nothing.
HOW EASY	A comfortable stroll. You can talk in full sentences. No sweating required.
CUE	Plates in the sink → shoes on → out the door.
MY WALK IS AFTER	
MY ROUTE	

This week, tick each walk:

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	☐	☐	☐	☐	☐	☐	☐
Lunch	☐	☐	☐	☐	☐	☐	☐
Dinner	☐	☐	☐	☐	☐	☐	☐

Rainy-day indoor options

- [ ] Laps through your home: kitchen, hallway, living room, repeat.
- [ ] March in place during a TV show or a phone call.
- [ ] Walk up and down one flight of stairs at an easy pace, holding the rail.
- [ ] Walk the hallways at work or an indoor mall.
- [ ] Do 2 to 3 rounds of chair squats and calf raises from the main plan.

! **Safety.** Stop and get checked for chest pain or pressure, unusual shortness of breath, dizziness or joint pain. Wear comfortable shoes with good grip, and use a flashlight or reflective gear after dark. If you take insulin or a sulfonylurea, ask your doctor how to handle walks and lows, and carry a fast-acting sugar source as they advise. In very hot or cold weather, walk indoors.

BONUS 2

The Spike-Smart Grocery Swap List

You don't need special products or a new store. These are everyday swaps found at any US supermarket. Each one adds fiber or protein, or takes out fast sugar, so the after-meal curve tends to rise more gently. Start with two or three that feel easy.

INSTEAD OF → TRY

INSTEAD OF	TRY	WHY IT HELPS
Sugary breakfast cereal	Old-fashioned oats with nuts or Greek yogurt	More fiber and protein
Flavored, sweetened yogurt	Plain Greek yogurt + fresh or frozen berries	Less added sugar, more protein
White bread	100% whole-wheat or whole-grain bread	More fiber
Bagel with jam	Whole-grain toast with eggs or peanut butter	Adds protein
Fruit juice	Whole fruit (apple, orange, pear)	Keeps the fiber
Regular soda	Sparkling water with citrus, or unsweetened iced tea	No fast sugar
Sweet coffee-shop drinks	Coffee with milk; add a little sugar yourself	You control the amount
White rice	Brown rice, or white rice mixed with beans	More fiber
Regular pasta, big bowl	Whole-wheat pasta, one fist, with vegetables and protein	Smaller starch, more fiber
Flour tortillas	Corn or whole-wheat tortillas	More fiber
Chips as a side	Side salad, carrots or coleslaw	Veggies first
French fries	Baked potato with the skin, or roasted potatoes	Skin adds fiber
Breaded, fried chicken	Rotisserie or grilled chicken	Fewer refined carbs

INSTEAD OF	TRY	WHY IT HELPS
Crackers or pretzels	A handful of nuts, or cheese and an apple	Protein and fat slow the rise
Granola bars	Hard-boiled eggs or roasted chickpeas	More protein, less sugar
Canned fruit in syrup	Frozen fruit, or fruit canned in water or juice	Less added sugar
Bottled sweet sauces	Salsa, mustard, hot sauce, herbs and spices	Flavor without the sugar
Ice cream every night	A planned small portion a few nights a week, or yogurt with berries	Less sugar, no banned foods

Read the label in 10 seconds. On the Nutrition Facts panel, look for *Added Sugars* (lower is better) and *Dietary Fiber* (higher is better). On bread, look for "100% whole wheat" or "whole grain" as the first ingredient.

Diabetes medicine or kidney disease? Big changes in carbohydrate or protein can matter for you. Check with your doctor or a registered dietitian first.

BONUS 3

The Lab Numbers Prep Sheet

Use this sheet *with* your doctor. Write down your numbers and what your doctor says about them. **We do not interpret results. Your doctor does**, because only they know your full history, medicines and goals.

WORKSHEET

Date of visit:

Doctor:

MEASURE	MY RESULT	WHAT MY DOCTOR SAID	RECHECK WHEN?
A1C			
Fasting glucose			
LDL cholesterol			
HDL cholesterol			
Triglycerides			
Blood pressure			
Waist (inches)			
Other tests ordered			

Before the visit

- [ ] Ask whether you need to skip food before any blood test, and follow the instructions you're given.
- [ ] If you take diabetes medicine, ask how to handle it on test day. Don't guess.
- [ ] Write a list of every medicine you take, including over-the-counter products.
- [ ] Bring your weekly self-checks from the main plan.

Questions to ask

- [ ] What do these numbers mean for me, in plain English?
- [ ] Do any of them suggest prediabetes, diabetes, high blood pressure or high cholesterol?
- [ ] Could these be connected to my erection problems?
- [ ] Is it safe for me to walk after meals and change my plates as this plan describes?
- [ ] If I take diabetes medicine: what are the signs of a low, and what should I do?
- [ ] Would a dietitian or the CDC's National Diabetes Prevention Program help me?
- [ ] When should we recheck, and what should I keep doing in the meantime?

> **IF YOU FEEL AWKWARD, READ THIS OUT:**
>
> **"I've been working on my meals, walking and sleep. I'd like to know my numbers and understand them, and I'd also like to talk about erection changes I've noticed."**

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.