



25 April 2024

## **Bronwyn Russoniello - Precision Health 'Induction' Plan**

### **Initial Goals** (as set 28/3/24):

By 28 June 2024, you would like to:

1. See a little bit of weight fall off
2. feel 'younger' alive/vibrant
3. feel an easing of the intensity of hot flushes

**Precision Health Assessment:** 9/4/24

**HealthType™:** Diplomat 310

**Shae™ access ends:** 8/5/24  
*(unless extended)*

### **Food-Specific Recommendations** (based upon Shae™ and your initial goals)

#### **1. Meal Timings:**

- a later breakfast - existing choice of breakfasts generally look great, with a small tweaking of some ingredients
- a later lunch as main meal - choose recipes from Shae™
- eat veg only at dinner - moderate amount
- no snacks

**2. Avoid 'red' foods** eg white carbs, sugars, trans/veg fats, processed meats, alcohol etc

**3. Eat leafy greens every day** - eg spinach, silverbeet, chard, lettuce (choose from your food list)

## Other Considerations

### 1. Precision Health Lifestyle Priorities

1	2	3	4	5	6
PLACE	GENIUS	FITNESS	FOOD	SOCIAL	MIND

### 2. Starter Recommendations for the Diplomat

- De-clutter spaces & places
- Own your schedule and work on your time
- Enjoy a later, stress-free breakfast
- Try to match exercise to your Fitness Clock
- Lunch is your biggest meal

### Timeline/Appointment Overview

	Appointments	Action Steps	Challenges	Success/Rating
Week 1:	<b>9/4/24</b> Precision Health Assessment	1. Explore ph360/Shae platform 2. Consider short term goal and action steps	N/A	N/A
Week 2:	<b>15/4/24</b> Overview of PH360 platform + Setting of first action steps	1. Take an 'outside' walk 3x mornings/week 2. Choose and eat 3 'excellent' recipes from Shae™ 3. Eat main meal at lunch time (rather than at dinner)	(N/A)	Walk: 7/10 Recipes: 10/10 Lunch as Main: 4/10
Week 3:	<b>25/4/24</b> Review + Overcome challenges + Set next action steps + Ongoing with PH360/Shae	1. Eat main meal at lunch time 2. Avoid 'red' foods 3. Eat green leafy foods every day Take measurements at end of week	Eating lunch as dinner and feeding rest of household - try saving your portion for lunch next day, batch cooking and planning 3-4 days ahead	
Week 4:	<b>2/5/24</b> Phone call only to check in and discuss continuation of precision health program			