



Outlook

Initial Consultation - Personal Energy Reboot Plan

From Wendy Clarke <wendy@wendycwellness.com.au>

Date Wed 10/15/2025 5:33 PM

To Judith-Rose Max <judith@miratocoaching.com>

 2 attachments (8 MB)

7 Day Circadian Habit Tracker for JR.pdf; Light, circadian rhythms, grounding.pdf;

Hi JR

Thank you for trusting me today. It was lovely to work with you and get a clear picture of where you are and how we can lift your energy, so you feel like you are living life to the full.

I'm looking forward to hearing how you go with these changes.

Personal Energy Reboot Plan

Focus for the next 14 days

- Set your body clock with sunrise light and a consistent wake time
- Build breakfast around protein and natural fats
- Swap afternoon phone time for walking and reading
- Remove the phone from the bedroom and use a stand-alone alarm clock
- Print out the 7 Day Circadian Habit Tracker and put it somewhere visible

Daily plan

Morning routine sunrise and breakfast

- Alarm at 6.30 am every Firday, starting on the 17th October
- Walk to Bondi Beach, swim, then walk home
- Eat a high protein and fat breakfast (Up to four eggs cooked in butter)
- Then have your coffee (eating before coffee will ensure you don't spike your cortisol too high)
- Let natural light be the first light your eyes see
- Keep the phone face down until after breakfast

Afternoon rhythm after school sport

- After you drop Lexi, park and go for a one hour walk
- Follow with 30 minutes of reading and brief handwritten notes, sit outside if possible
- No scrolling on the phone during this window

Accountability

- Write a short journal entry each evening what worked, what felt hard, one win
- Use the 7 day habit tracker attached
- **Please contact me if you need support 0415 503 852 or struggling with something**

Measures of success notice and note

- Getting out of bed feels a touch easier
- Less reactivity during the day
- More time outside and at the beach
- You feel proud to look after yourself and do things for you

Next Appointment...

Wednesday, 29th October 2025 at 10am

Warm regards
Wendy



“Menopause Proof Your Sleep”



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