

PLANNER

My 28-Day Gut Health Roadmap

A four-week roadmap that takes one decision at a time, with a page to record what you decide.

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A 4-week roadmap

A flexible way to use the book over four weeks.

FOLLOW YOUR RELEVANT CHAPTER

Read its red flags first. Keep prescribed care in place. Some chapter plans run fourteen days, others four weeks; some treatments take longer. This roadmap does not replace their review dates.

Week 1 · Choose and observe

Use the Start Here guide. Read one relevant chapter, identify safety questions and choose a manageable observation.

Week 2 · Try a suitable step

Use that chapter's plan, not every workbook. Record only enough to review. Seek help immediately for warning signs.

Week 3 · Review the first fortnight

If your chapter uses a day-14/day-15 review, do it now. Keep, adapt or discuss the step; do not pile on restrictions.

Week 4 · Continue or get the right help

For a four-week plan, complete its review. For other plans, use agreed follow-up. No change is useful information; bring questions to a professional.

My starting chapter / one step / review date

My four-week decisions

One row per week is enough if that suits you.

Week	One suitable step	What I noticed	Keep / adapt / ask for help
1			
2			
3			
4			

My next conversation and follow-up date