



Welcome!

Hi there!

I'm Traci Hill, and I'm so glad you're here. As someone who healed naturally from multiple sclerosis, I understand the power of tracking habits and tuning into your body's signals. I created this tracker to help you on your journey toward better health. By keeping track of your daily habits, symptoms, and reflections, you'll start to see patterns that can guide you toward what works best for you.

There's no one-size-fits-all solution, but with time, awareness, and action, you can take meaningful steps toward improved health and vitality. Let's get started! (See pg 2 for instructions)

Warmly, Traci

Wellness is not a one-time event but a daily practice. Each choice, each moment, is an opportunity to bring yourself closer to health.



Traci
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Instructions

Print out the Tracker (Page 3 - make multiple copies if needed) and Instructions (Page 2)

For each day, you will pick 1 habit from each category and log the one you chose within each category. At the end of the day, write any reflections, how you felt, or any other notes you want to remember about your choices. At the end of the week, write any notes you feel will help you with symptoms and habits to track over time. Feel free to add anything not listed in the categories below. To make tracking easier, each item is numbered for your convenience.

Pages 4-8 explains each choice in more detail

Respiration/Circulation

1. Deep Breathing Exercises
2. Daily Walks in Nature
3. Cold Showers

Food and Water

1. Probiotic-Rich Foods
2. Hydration with Electrolytes
3. Anti-Inflammatory Spices

Elimination of Wastes

1. Fiber-Rich Diet
2. Epsom Salt Baths
3. Herbal Teas for Digestion

Movement and Activity

1. Daily Yoga Practice
2. Walking After Meals
3. 50/10 - for every 50 minutes of sitting, move or stretch for 10

Sleep and Rest

1. Establish a Consistent Sleep Schedule
2. Sleep in a Dark, Cool Room
3. 5-10 minutes of daydreaming



Autoimmune WELLNESS Kickstart



Date	Respiration/ Circulation:	Food/Water	Elimination	Movement and Activity	Sleep and Rest	Reflection
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Weekly Notes (ex: energy levels, cravings, sleep changes, etc)

Respiration/Circulation

Respiration and circulation are vital for keeping your body functioning properly. Think of them as two systems working together like a well-oiled machine. Respiration brings oxygen into your body through your lungs, and circulation moves that oxygen (along with nutrients) to every cell in your body through your bloodstream. These processes are essential for energy production, healing, and maintaining a healthy balance in the body.

Without proper respiration, your cells don't get enough oxygen, and without proper circulation, that oxygen can't reach the areas of your body where it's needed most. Poor circulation can also cause toxins to build up in your tissues, leading to fatigue, pain, and even more serious health issues over time.

By improving both your breathing and circulation, you can boost your energy levels, enhance mental clarity, promote faster recovery from illness or injury, and reduce stress. Even as a beginner, you can start incorporating small, simple practices that make a big difference over time.

1.) Deep Breathing Exercises: Incorporate diaphragmatic breathing for 5-10 minutes to promote oxygen flow and circulation.

- Sit or lie down in a comfortable position.
- Place one hand on your chest and the other on your abdomen.
- Inhale slowly through your nose, focusing on filling your belly with air. Your hand on your abdomen should rise, while the one on your chest should remain still.
- Exhale slowly through your mouth, letting your belly fall.
- Continue this cycle for 5-10 minutes, focusing on slow, deep breaths.

2.) Daily Walks in Nature: Walking outdoors supports lung health and stimulates circulation.

- Find a park or natural area where you can walk regularly.
- Aim for at least 20-30 minutes of walking per day.
- Walk at a comfortable pace, focusing on taking deep breaths in through your nose and out through your mouth.
- If possible, walk on uneven terrain, as this can help engage different muscle groups and further stimulate circulation.

3.) Cold Showers: Cold water therapy improves circulation and strengthens immunity.

- Start by taking your regular warm shower.
- Towards the end of your shower, gradually turn the water temperature to cold.
- Begin by exposing your feet and legs to the cold water, then slowly move up your body, allowing each area to adjust.
- Spend 30 seconds to 1 minute under the cold water, focusing on your breathing to stay calm. You can extend the time as you get used to it.

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Food and Water

Food and water are essential for keeping your body healthy and functioning optimally. Nutrient-rich foods provide energy, vitamins, and minerals that repair tissues, boost the immune system, and regulate metabolism. Proper hydration supports digestion, detoxification, and temperature regulation. By incorporating healthy eating and hydration habits, you can improve digestion, energy levels, reduce inflammation, and enhance gut health, which affects everything from your immune system to your mood.

1.) Probiotic-Rich Foods: Contain beneficial bacteria that support a healthy gut microbiome, which is essential for digestion, immunity, and overall well-being. Your gut contains trillions of bacteria, some good and some bad, and maintaining the right balance of these bacteria is key to a strong immune system, efficient digestion, and mental health (since the gut is often referred to as the "second brain"). Fermented foods like sauerkraut, kefir, yogurt, and kimchi provide probiotics that help boost the levels of good bacteria in your gut. If you are new to fermented foods, try different varieties to find the ones you enjoy most. Some have a stronger flavor, while others are milder.

2.) Hydration with Electrolytes: Proper hydration is essential for all bodily functions, from regulating temperature to transporting nutrients to cells. Adding electrolytes to your water helps maintain the balance of fluids in your body, ensuring that you stay hydrated at a cellular level. Electrolytes like sodium, potassium, and magnesium play a crucial role in muscle function, nerve signals, and energy production. When you sweat, exercise, or experience stress, you lose electrolytes, so it's important to replenish them for optimal hydration.

- Enhance your hydration by adding a pinch of sea salt or squeezing fresh lemon juice into your water. Sea salt provides essential minerals like sodium and magnesium, while lemon adds vitamin C and potassium.
- A simple electrolyte drink by combining 1 liter of water, the juice of half a lemon, and a small pinch (about 1/8 tsp) of sea salt. Drink this throughout the day, especially after exercise or periods of heat exposure.
- If plain water feels boring, experiment by infusing it with other natural ingredients like cucumber slices, mint, or berries to make hydration more enjoyable.

3.) Anti-Inflammatory Spices: Certain spices like turmeric, ginger, and cinnamon have potent anti-inflammatory properties that can help reduce inflammation in the body, support digestion, and promote gut health. Chronic inflammation is linked to many common health issues, including digestive disorders, autoimmune conditions, and even heart disease.

- Turmeric: Add 1/2 teaspoon of ground turmeric to soups, stews, smoothies, or scrambled eggs. To boost its absorption, combine it with black pepper and a healthy fat like coconut oil or olive oil.
- Ginger: Fresh ginger can be grated into stir-fries, smoothies, or tea. You can also use powdered ginger in baked goods or spice blends. Aim for about 1/2 inch of fresh ginger root or 1/4 teaspoon of ground ginger per day.
- Cinnamon: Sprinkle cinnamon on oatmeal, yogurt, or in your morning coffee or tea. It's a sweet, warming spice that can help balance blood sugar levels and reduce inflammation. Start with 1/4 to 1/2 teaspoon a day.

Elimination of Wastes

Elimination of wastes is crucial for maintaining overall health and well-being. Your body continuously processes and filters out toxins, waste, and by-products of digestion and metabolism through organs like the liver, kidneys, skin, lungs, and colon. When waste is efficiently eliminated, your body can function optimally, keeping you energized, reducing inflammation, and supporting a strong immune system. However, if waste builds up, it can lead to sluggishness, digestive issues, and even chronic health problems.

1.) Fiber-Rich Diet: A fiber-rich diet helps to bulk up stool, making it easier for your body to pass waste and toxins out of the colon. In addition, fiber supports gut health by feeding beneficial bacteria in the gut microbiome.

- Incorporate fiber-rich foods into your daily meals, such as vegetables, fruits, legumes, seeds, and whole grains.
- Aim for at least 25-30 grams of fiber per day. For example, include leafy greens like kale, seeds like chia or flax, and beans like lentils in your diet.
- Drink plenty of water to help fiber move through your digestive system and prevent constipation.

2.) Epsom Salt Baths: Epsom salt, also known as magnesium sulfate, is a natural detoxifier. Soaking in an Epsom salt bath helps your body eliminate toxins through the skin while replenishing magnesium levels, which can reduce inflammation, relieve muscle soreness, and improve relaxation.

- Fill your bathtub with warm water and add 1-2 cups of Epsom salt.
- Stir the water to dissolve the salt completely.
- Soak in the bath for 20-30 minutes, focusing on deep, relaxing breaths.

3.) Herbal Teas for Digestion: Certain herbs, such as dandelion, ginger, and peppermint, have natural detoxifying and digestive properties. Drinking herbal teas made from these plants can support gut health by promoting digestion, reducing bloating, and stimulating the liver and kidneys to eliminate toxins more efficiently. Drink 1-2 cups of herbal tea per day, preferably after meals to support digestion and detox.

- Dandelion tea: Supports liver detoxification. Steep 1 teaspoon of dried dandelion root in hot water for 10 minutes.
- Ginger tea: Helps with digestion and inflammation. Boil 1 inch of fresh ginger root in water for 5 minutes.
- Peppermint tea: Calms the digestive system. Steep 1 tablespoon of dried peppermint leaves in hot water for 5-10 minutes.

Movement and Activity

Movement is essential for keeping your body functioning well. Regular physical activity supports circulation, digestion, and energy flow, while also helping to reduce stress, strengthen muscles, and improve overall health.

1.) **Daily Yoga Practice:** Yoga combines movement with breath, helping to improve circulation, body alignment, and digestion. Gentle yoga also calms the nervous system and relieves stress, promoting better overall health. Specific poses can target digestion by stimulating the organs in the abdominal area.

- Start with a 10-15 minute daily yoga routine that focuses on gentle poses like Cat-Cow, Child's Pose, and Downward Dog.
- Incorporate twists, such as Seated Spinal Twist, to massage your digestive organs and improve digestion.
- Focus on deep, steady breathing throughout your practice to enhance circulation and oxygen flow to your tissues.

2.) **Walking After Meals:** A short walk after meals can significantly aid digestion by stimulating the muscles in the digestive tract. It also helps maintain stable blood sugar levels by reducing glucose spikes after eating, making it an excellent practice for overall metabolic health.

Start with one walk after your largest meal of the day, such as lunch or dinner, and then gradually increase to walking after more meals.

3.) **50/10 rule:** The 50/10 rule is a simple yet highly effective strategy for improving both physical and mental well-being. The idea is that for every 50 minutes of sitting or working, you take a 10-minute break to get up and move around. This practice is especially helpful for people with sedentary jobs or those who spend long hours sitting in front of a computer. By breaking up long periods of sitting, you can boost circulation, reduce mental fatigue, and give your body the rest and recovery it needs throughout the day.

- Set a timer for 50 minutes when you start working. Once the timer goes off, stand up and move for the next 10 minutes.
- Use the break to walk around the room, do some light stretching, or even go for a quick walk outside if possible.
- Incorporate movements that get your blood pumping, like walking up stairs, doing a few squats, or simply shaking out your arms and legs.

Sleep and Rest

Sleep is one of the most vital aspects of maintaining physical, emotional, and mental health. It allows your body to repair, regenerate, and recover from daily activities, while also supporting brain function, memory, and mood regulation.

1.) Establish a Consistent Sleep Schedule: Going to bed and waking up at the same time every day helps regulate your body's internal clock, known as the circadian rhythm. A consistent schedule promotes better sleep quality by signaling to your body when it's time to rest and when it's time to wake up, which improves overall energy and mood.

- Choose a bedtime and wake-up time that allows for 7-9 hours of sleep each night, and stick to it—even on weekends.
- Set a gentle alarm to wake up at the same time every day and avoid hitting the snooze button.
- If you find it hard to fall asleep at first, gradually adjust your bedtime by 15-30 minutes earlier until you're going to bed at your desired time.

2.) Sleep in a Dark, Cool Room: Darkness signals your body to produce melatonin, the sleep hormone, while a cool room helps regulate body temperature for deeper, more restorative sleep.

- Keep your bedroom completely dark by using blackout curtains or an eye mask to block out any light.
- Set the room temperature between 60-67°F (15-19°C) for optimal comfort.
- Eliminate sources of blue light, such as electronics, and consider using a white noise machine or earplugs if noise is an issue.

3.) Daydreaming: Daydreaming during the day can actually be a powerful tool for rest and mental rejuvenation. It provides a mental escape from the constant demands of daily life and allows your brain to shift into a relaxed, creative state.

- Set aside time: Schedule a few minutes during a break or after lunch to let your mind wander. You don't need a lot of time—5 to 10 minutes of daydreaming can be enough to recharge your mind.
- Positive visualization: Focus on imagining something pleasant, like a future vacation, a goal you want to achieve, or a peaceful place. Let your imagination flow without judgment.
- Use it as a reset: If you're feeling mentally exhausted, take a moment to daydream about something that makes you feel good. This will help clear your mind and restore focus for the rest of your day.

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