

CKD QUICK START

The CKD Quick Start is your on-ramp when things feel overwhelming. Most people with CKD don't struggle because they don't care. They struggle because they try to change everything at once, get mixed messages, and end up quitting. This plan gives you a simple place to begin: one small check-in each day, one thing to focus on, and one real adjustment based on what you notice. I'll show you how this approach makes CKD management simpler, helps you build steady habits, and turns CKD from something mysterious and scary into something you can understand and control.

Why it's important to start somewhere

Managing CKD is a long game. If you wait until you "feel ready," you'll probably end up waiting until something scary happens—like a bad lab result—before you act. Taking any step, even if it's not perfect, gets you moving. For example, just tracking your sodium and blood pressure each day, even if you make mistakes, is a win. The goal in these first seven days isn't to fix your kidneys overnight. It's to build a routine you can repeat. This steady tracking helps you tackle the real drivers of CKD: too much sodium can raise your blood pressure and cause swelling; eating too much protein can strain your kidneys or break down muscle; and blood sugar spikes can cause inflammation and damage blood vessels. So, in Week 1, success isn't about perfect numbers. It's about showing up and building consistency with the things that matter most.

CKD QUICK START

You don't need a perfect plan. You need a clean signal. For the next several days, you'll track a few simple markers the same way each day. That's how you stop guessing and start steering. This is your CKD Quick Start program.

“Trendline beats panic.
One good data point at a time.”

Things you will need:

- Upper-arm blood pressure cuff (not wrist)
- A scale
- One place to record (paper, notes app, or the fridge dashboard)

Pro tip: keep the cuff and notebook in the same spot you drink your morning water/coffee. Make it impossible to forget.

HOME BP SETUP (DO IT THE SAME WAY EVERY TIME)

Goal: consistent readings you can trust.

WHEN

- Morning is best (before caffeine if possible).
- If you can, add an evening check too.
- If you can only do one per day, do morning.

BEFORE YOU MEASURE (30 MINUTES)

- No caffeine, nicotine, or exercise for 30 minutes.
If real life happens, still measure—just note it.

CKD QUICK

START

DAILY CHECK IN EVERY MORNING

HOW TO MEASURE (60 SECONDS OF RULES)

1. Empty your bladder.
2. Sit quietly for 5 minutes (back supported, feet flat, legs uncrossed).
3. Cuff on bare upper arm. Arm supported at heart level.
4. Don't talk. Don't scroll. Breathe normally.
5. Take 2 readings, 1 minute apart. Record both (or record the average).

WHAT TO WRITE DOWN

Date/time + Reading #1 + Reading #2

+ one short note only if it matters (poor sleep, salty meal, stress spike, illness, hard workout).

THE 2-MINUTE DAILY CHECK-IN (NON-NEGOTIABLE)

Do this every morning. This is your "minimum effective dose."

1. BLOOD PRESSURE (2 readings)
2. AM WEIGHT
3. SWELLING / EDEMA QUICK SCORE
4. BOWEL CHECK
5. ONE-LINE NOTE (OPTIONAL)

Sleep: good / ok / poor Stress: low / med / high

Salt hit yesterday? yes / no Sick/dehydrated? yes/no



Clinical Note

If you have Stage 4–5 CKD, heart failure/major swelling, frequent high potassium, or you're on a fluid restriction: don't change medications, diuretics, binders, bicarbonate, or fluid targets without your clinician. This plan is for tracking and stability—not self-prescribing.

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DON'T PANIC RULES (SO YOU DON'T QUIT)

- One weird BP reading is noise. Watch the trend across days.
- If weight jumps quickly with more swelling, think "salt/volume," not "failure." Tighten sodium consistency and recheck tomorrow.
- If you're sick with vomiting/diarrhea, dehydration can be dangerous in CKD. Follow your clinician's sick-day guidance.

BONUS WIN (OPTIONAL, NOT REQUIRED)

After your biggest meal, take a gentle 5–10 minute walk. Not for fitness. For blood sugar and circulation.

THE 7 DAY CKD QUICK START START HERE (how to use)

You will do the Check-In every morning.

Then you'll do **ONE** focus for the day. That's how you build momentum without overwhelm.

"Small Standards Beat Big Intentions."

THE 3 DIALS (YOUR WEEK 1 PRIORITIES)

Dial 1: Sodium consistency (remove big spikes)

Dial 2: Protein sweet spot (avoid extremes; spread it out)

Dial 3: Glucose spikes (flatten the roller coaster)

TEST-TRACK-ADJUST (The Loop)

TEST: do the day's one focus action

TRACK: keep your Page 1 check-in + a one-line note

ADJUST: on Day 6, you choose ONE smart tweak for the next 72 hours

CKD QUICK

START

THE FIRST 7 DAYS (ONE FOCUS PER DAY)

DAY 1: BASELINE (NO HEROICS)

Goal: Capture your real starting point.

Do: Daily Check-in + eat normally. Don't "fix everything" today.

Track: BP trend, weight, swelling, bowel.

DAY 2: DIAL 1: SODIUM CONSISTENCY

Goal: Eliminate the hidden salt bombs that drive BP and swelling.

Choose ONE rule for 24 hours:

- No restaurant/fast food today, OR
- No sauces/soups/broths today, OR
- Swap one packaged meal for a simple whole-food meal.

Do: Daily Check-in

Track: BP trend, weight, swelling, bowel, evening swelling and how tight rings/socks feel.

DAY 3: DIAL 2: PROTEIN SWEET SPOT

Goal: Stop extremes and stop stacking.

Do: Daily Check-in

- Keep protein moderate per meal (not tiny, not massive).
- Spread it across meals (don't load it all at dinner).
- Avoid the "double hit" day (shake + big meat portion + high-protein snacks).

Track: Energy, digestion, and hunger (steady or crash?).

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DAY 4: DIAL 3: GLUCOSE SPIKES

Goal: Flatten spikes without obsessing.

- Do:
- Plate order for 24 hours: vegetables/fiber first → protein → starch last.
 - Add a gentle 5–10 minute walk after your biggest meal (or 5 minutes if needed).

Track: Cravings (late afternoon/evening) and post-meal energy.

DAY 5: COMBINE THE DIALS (“KIDNEY PLATE” DAY)

Goal: Run the system like a normal human. Build TWO meals today using this template:

- Half plate: non-starchy vegetables (choose options that fit your potassium plan)
- Moderate protein portion
- Controlled starch portion
- Low-sodium flavor (lemon, vinegar, herbs, garlic; skip salty blends)

Track: BP trend and swelling.



Clinical Note

Pick 2–3 labs to follow with your clinician and write them on the dashboard:

Common choices: creatinine/eGFR trend, urine ACR (protein leak), potassium, BUN.

Optional, depending on your case: CO₂/bicarbonate (acid-base), A1c (glucose control).

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DAYS 6-8: ADJUST DAY (ONE SMART TWEAK)

Goal: Personalize the plan using your data, not your mood.

Look back at Days 1–5 and choose ONE adjustment for the next 72 hours:

- If BP/swelling climbed → tighten sodium consistency (restaurant/packaged down, sauces off, simple meals)
- If cravings/energy crashes hit → tighten glucose control (plate order + after-meal walk; remove liquid sugar)
- If you feel weak/under-fueled or you're stacking protein → tighten protein distribution (steady meals; no double-hit days)

Write your one adjustment on the dashboard and run it for 3 days before you change anything else.

DAYS 9-22: LOCK YOUR NEXT 14 DAYS (STANDARDS, NOT PERFECTION)

Goal: Make this sustainable.

Pick 4 standards you can keep:

1. BP checks at least 4 days/week
2. One sodium standard you can live with
3. One glucose standard you can live with
4. One movement standard
 - a. (10 minutes after one meal,
 - b. or 20 minutes daily)

Your re-entry rule (prevents the quit spiral):

“When I slip, I return to the 2-minute daily check-in the next morning.”

CKD QUICK START

Why measuring is the key to success.

You can't steer what you don't measure. CKD is sneaky; you might feel fine while your blood pressure slowly climbs, swelling creeps in, or your food choices get more processed without you noticing. A daily check-in gives you early warning signs: is your blood pressure trending up, is your weight or swelling changing, are your bowels regular, and what might explain any changes (like a salty meal or a bad night's sleep)? Instead of reacting to one scary number, you start to spot patterns: maybe restaurant meals lead to swelling and higher blood pressure, or constipation makes your appetite worse and throws off your potassium. These patterns are what help you and your care team make smarter, safer changes.

How to use the information with your professional care team

Think of your 7-day notes as a mini report you can bring to your next appointment. This helps your clinician quickly see what's affecting your numbers, what needs attention first, and how to adjust your plan safely. Here's how to share it:

- Bring your CKD Quick Start documentation
- Ask targeted questions (this is where the value is). Use your data to ask focused, clinician-friendly questions like:
 - "My BP rises the day after restaurant food. What BP goal do you want for me, and should we adjust my sodium target or diuretic plan?"

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- “I had swelling and a 2–3 lb weight jump after high-salt days. What’s my safe fluid strategy and when should I call you?”
- “I’m trying to avoid protein extremes. What is my daily protein target and how should I spread it across meals?”
- “I’m working on glucose spikes. Do you want me tracking A1c, fasting glucose, or post-meal checks? Would a CGM be appropriate?”
- “Which 2–3 labs matter most for me right now—eGFR/creatinine trend, urine ACR, potassium, bicarbonate—and how often should we recheck?”

Let the care team “set the guardrails,” then you run the system. Your clinician sets your targets—like your blood pressure goal, protein range, fluid limits, how often to check labs, and your medication plan. Your job is to use the quick start to stick with the plan and come back with better information. Working together this way is how you lower your risk and get better results.

The bottom line: The CKD Quick Start works because it takes away the feeling of being overwhelmed, helps you build a routine you can stick to, and provides useful information. Measuring isn’t about being perfect or worrying over every number. It’s about shifting fear into feedback you can use. When you track your progress and bring it to your care team, your conversations change from “I’m trying” to “Here’s what happens when I do this—what should my target be, and what’s the safest next step?” This way, you and your clinician work together, making CKD management clearer and more effective.



DAY 1 BASELINE + HABIT INSTALL

Build a clean signal. No big changes yet.

"Build the trendline before you change the plan."

DO THIS TODAY

- Set your BP station (cuff + pen + sheet in one spot).
- Do AM check-in. If possible, do PM BP too (2 readings).
- Eat normally today - you're measuring your real baseline.
- Circle your biggest driver today (salt, sugar, stress, sleep, constipation).

TRACK TODAY (AM)

BP:am ____/____ ____/____
pm ____/____ ____/____

Weight: _____

Edema: none / mild / moderate

Bowel: yes / no

Driver: (circle): salt / sugar / stress / sleep / gut

QUICK WIN

Write your why (1 sentence):

EVENING TRACKING

What clearly moved your day?

Tomorrow's focus: Sodium consistency

CLINICAL NOTE

Do not change medications, diuretics, binders, or fluid targets without your clinician. Urgent symptoms (chest pain, severe SOB, fainting/confusion) = seek care.



DAY 2 SODIUM CONSISTENCY

Remove surprise salt loads that drive BP & swelling

"Consistency beats restriction."

DO THIS TODAY

- Do AM check-in first.
- Pick ONE rule for 24 hours: no restaurant food
OR no soups/sauces/broths
OR swap 1 packaged meal.
- Use the restaurant script if needed: no added salt + sauces on side.
- Avoid any single item with 700+ mg of sodium per serving when possible.

TRACK TODAY (AM)

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema: none / mild / moderate

Bowel: yes / no

Sodium spike today? yes / no
If yes why:

QUICK WIN

Simple meal formula:
Protein + vegetable + small starch, seasoned without salty blends.

EVENING TRACKING

Rings/socks tight? yes / no

What was your main sodium trap? _____

Tomorrow's focus: Protein rhythm.

CLINICAL NOTE

If swelling rises quickly with shortness of breath, contact your clinician or seek care. Follow any fluid restriction or diuretic plan you've been given.



DAY 3 PROTEIN RHYTHM

Stop extremes. Stop stacking. Spread it out.

"Rhythm beats heroic."

DO THIS TODAY

- Do AM check-in first.
- Moderate protein at each meal (not tiny, not massive).
- Spread protein across the day. Don't load it all at dinner.
- Avoid the double-hit day (shake + big meat + high-protein snacks).

TRACK TODAY (AM)

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema: none / mild / moderate

Bowel: yes / no

Stacked protein? yes / no

Digestion:
steady / heavy / bloated

QUICK WIN

Hunger fix first: Add vegetables/fiber or approved fats before adding extra protein.

EVENING TRACKING

Best protein win today:

Prep one simple protein for tomorrow. Tomorrow's focus: Glucose spikes.

CLINICAL NOTE

Protein targets are individualized. Ask your medical team for your personal range. Unintended weight loss or weakness should be addressed promptly.



DAY 4 GLUCOSE SPIKES

Flatten those drivers cause cravings and fatigue.

"Stable blood sugar = stable energy."

DO THIS TODAY

- Do AM check-in first.
- Plate order all day: vegetables/fiber first, then protein, starch last.
- Walk 5–10 minutes after your biggest meal (gentle).
- Skip liquid sugar for 24 hours if you can.

TRACK TODAY (AM)

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema: none / mild / moderate

Bowel: yes / no

Cravings tonight: none / mild / strong

Energy after meals: steady / crash

QUICK WIN

If you want sweets: Pair carbs with protein/fiber (don't eat carbs alone).

EVENING TRACKING

Biggest spike trigger:

Walk after dinner? yes / no

Tomorrow's focus:

Combine the dials.

CLINICAL NOTE

If you use insulin or sulfonylureas, discuss hypoglycemia risk with your clinician. Shaky/sweaty/confused can be a low—follow your treatment plan.



DAY 5 COMBINE THE DIALS

Run the system like a normal person, 2 solid meals.

"Simple meals create predictable labs."

<p>DO THIS TODAY</p> <ul style="list-style-type: none"><input type="checkbox"/> Do AM check-in first.<input type="checkbox"/> Build TWO 'Kidney Plates' today:<input type="checkbox"/> Half plate veg + moderate protein + controlled starch + low-sodium flavor.<input type="checkbox"/> Keep packaged/restaurant food minimal today.	<p>TRACK TODAY (AM)</p> <p>BP:am ____/____ ____/____</p> <p>pm ____/____ ____/____</p> <p>Weight: _____</p> <p>Edema: none / mild / moderate</p> <p>Bowel: yes / no</p> <p>Meals completed (2): 0 / 1 / 2</p>
<p>QUICK WIN</p> <p>Make tomorrow easier: Repeat one meal that worked today (same breakfast or lunch).</p>	<p>EVENING TRACKING</p> <p>What felt better today? _____</p> <p>One barrier to fix: _____</p> <p>Tomorrow's focus: Your 72-hour experiment.</p>

CLINICAL NOTE

If you have strict potassium/phosphorus limits, choose foods that fit your plan. Consistency matters more than aggressive restriction.



DAYS 6 THROUGH 8

YOUR 72-HOUR EXPERIMENT

One change. Measured. Run it for 3 days

"Stop guessing. Start testing."

<p>DO THIS TODAY</p> <ul style="list-style-type: none"><input type="checkbox"/> Do AM check-in first.<input type="checkbox"/> Pick ONE dial to tighten for 72 hours: sodium, protein, glucose.<input type="checkbox"/> Write your one-sentence rule and follow it today. _____<input type="checkbox"/> Don't change anything else for 72 hours.	<p>TRACK TODAY (AM)</p> <p>BP:am ____/____ ____/____</p> <p>pm ____/____ ____/____</p> <p>Weight: _____</p> <p>Edema: none / mild / moderate</p> <p>Bowel: yes / no</p> <p>Chosen dial: _____</p> <p>Followed rule today? yes / no</p>
<p>QUICK WIN</p> <p>Example rules: No restaurant food OR plate order + walk OR no protein stacking</p>	<p>EVENING TRACKING</p> <p>What got in the way (if anything)? _____</p> <p>Small fix for tomorrow: _____</p>

CLINICAL NOTE
Avoid extreme experiments (fasting, dehydration, mega-supplements) without clinician guidance. If symptoms worsen quickly, stop and contact your care team



DAY 7 24 HRS IN 48HRS LEFT

One change, Measured, Day 2

"Stop guessing. Start testing."

<p>DO THIS TODAY</p> <ul style="list-style-type: none"><input type="checkbox"/> Do AM check-in first.<input type="checkbox"/> Continue with the ONE dial you chose for 48 more hours.<input type="checkbox"/> Write your one-sentence rule and follow it today. _____<input type="checkbox"/> Don't change anything else for 72 hours.	<p>TRACK TODAY (AM)</p> <p>BP:am ____/____ ____/____</p> <p>pm ____/____ ____/____</p> <p>Weight: _____</p> <p>Edema: none / mild / moderate</p> <p>Bowel: yes / no</p> <p>Chosen dial: _____</p> <p>Followed rule today? yes / no</p>
<p>QUICK WIN</p> <p>Example rules: No restaurant food OR plate order + walk OR no protein stacking</p>	<p>EVENING TRACKING</p> <p>What got in the way (if anything)? _____</p> <p>Small fix for tomorrow: _____</p>

CLINICAL NOTE
Avoid extreme experiments (fasting, dehydration, mega-supplements) without clinician guidance. If symptoms worsen quickly, stop and contact your care team



DAY 8 48 HRS IN 24 HRS LEFT

One change, Measured, last day

"Stop guessing. Start testing."

<p>DO THIS TODAY</p> <ul style="list-style-type: none"><input type="checkbox"/> Do AM check-in first.<input type="checkbox"/> Continue with the ONE dial you chose for 24 more hours.<input type="checkbox"/> Write your one-sentence rule and follow it today. _____<input type="checkbox"/> Don't change anything else for 72 hours.	<p>TRACK TODAY (AM)</p> <p>BP:am ____/____ ____/____ pm ____/____ ____/____</p> <p>Weight: _____</p> <p>Edema: none / mild / moderate</p> <p>Bowel: yes / no</p> <p>Chosen dial: _____</p> <p>Followed rule today? yes / no</p>
<p>QUICK WIN</p> <p>Example rules: No restaurant food OR plate order + walk OR no protein stacking</p>	<p>EVENING TRACKING</p> <p>What got in the way (if anything)? _____</p> <p>Small fix for tomorrow: _____</p>

CLINICAL NOTE
Avoid extreme experiments (fasting, dehydration, mega-supplements) without clinician guidance. If symptoms worsen quickly, stop and contact your care team



DAY 9 LOCK IT IN

Standards for the next 14 days + your lab plan.

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Choose 4 standards for 14 days (small and real).
- Write your re-entry rule for bad days.
- Pick 2–3 labs to track with your clinician and note the next draw date

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

EVENING TRACKING

Biggest win the last 8 days:

Next 14-day focus:

CLINICAL NOTE

Choose labs with your clinician: eGFR/creatinine trend, BUN, urine ACR, potassium, CO₂, A1c). This plan supports care - it does not replace it.



DAY 10 LOCK IT IN

Day 2 of 14

"Consistency is a medical strategy."

<p>DO THIS TODAY</p> <ul style="list-style-type: none"><input type="checkbox"/> Do AM check-in first.<input type="checkbox"/> Did you do the 4 standards?<input type="checkbox"/> BP checks at least 4 days/week<input type="checkbox"/> One sodium standard you can live with<input type="checkbox"/> One glucose standard you can live with<input type="checkbox"/> One movement standard<ul style="list-style-type: none">• (10 minutes after one meal,• or 20 minutes daily)	<p>TRACK TODAY</p> <p>BP:am ____/____ ____/____</p> <p>pm ____/____ ____/____</p> <p>Weight: _____</p> <p><u>Edema:</u> none / mild / moderate</p> <p><u>Bowel:</u> yes / no</p> <p><u>Sleep:</u> good / ok / poor</p> <p><u>Stress:</u> low / med / high</p> <p>Salt hit yesterday? yes / no</p> <p>Sick/dehydrated? yes/no</p>
<p>QUICK WIN</p> <p>Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart</p>	<p>EVENING TRACKING</p> <p>Biggest win yesterday:</p> <p>_____</p> <p>Next 13-day focus:</p> <p>_____</p> <p>_____</p>

CLINICAL NOTE

Remember to be consistent with how you take your BP.



DAY 11 LOCK IT IN

Day 3 of 14

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Did you do the 4 standards?
- BP checks at least 4 days/week
- One sodium standard you can live with
- One glucose standard you can live with
- One movement standard
 - (10 minutes after one meal,
 - or 20 minutes daily)

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

EVENING TRACKING

Biggest win yesterday:

Next 12-day focus:

CLINICAL NOTE

Remember to be consistent with how weigh your self.



DAY 12 LOCK IT IN

Day 4 of 14

"Consistency is a medical strategy."

<p>DO THIS TODAY</p> <ul style="list-style-type: none"><input type="checkbox"/> Do AM check-in first.<input type="checkbox"/> Did you do the 4 standards?<input type="checkbox"/> BP checks at least 4 days/week<input type="checkbox"/> One sodium standard you can live with<input type="checkbox"/> One glucose standard you can live with<input type="checkbox"/> One movement standard<ul style="list-style-type: none">• (10 minutes after one meal,• or 20 minutes daily)	<p>TRACK TODAY</p> <p>BP:am ____/____ ____/____</p> <p>pm ____/____ ____/____</p> <p>Weight: _____</p> <p><u>Edema:</u> none / mild / moderate</p> <p><u>Bowel:</u> yes / no</p> <p><u>Sleep:</u> good / ok / poor</p> <p><u>Stress:</u> low / med / high</p> <p>Salt hit yesterday? yes / no</p> <p>Sick/dehydrated? yes/no</p>
<p>QUICK WIN</p> <p>Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart</p>	<p>EVENING TRACKING</p> <p>Biggest win yesterday:</p> <p>_____</p> <p>Next 11-day focus:</p> <p>_____</p> <p>_____</p>

CLINICAL NOTE

Remember, eating out is high in sodium. Ask for sodium-free cooking when possible.



DAY 13 LOCK IT IN

Day 5 of 14

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Did you do the 4 standards?
- BP checks at least 4 days/week
- One sodium standard you can live with
- One glucose standard you can live with
- One movement standard
 - (10 minutes after one meal,
 - or 20 minutes daily)

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

EVENING TRACKING

Biggest win yesterday:

Next 10-day focus:

CLINICAL NOTE

Remember, after a meal, exercise is a great way to stabilize blood sugar.



DAY 14 LOCK IT IN

Day 6 of 14

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Did you do the 4 standards?
- BP checks at least 4 days/week
- One sodium standard you can live with
- One glucose standard you can live with
- One movement standard
 - (10 minutes after one meal,
 - or 20 minutes daily)

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

EVENING TRACKING

Biggest win yesterday:

Next 9-day focus:

CLINICAL NOTE

Remember, if you fall off the program or slip up, start again the next day. Take note of it and continue on. Consistence not perfection.



DAY 15 LOCK IT IN

Day 7 of 14

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Did you do the 4 standards?
- BP checks at least 4 days/week
- One sodium standard you can live with
- One glucose standard you can live with
- One movement standard
 - (10 minutes after one meal,
 - or 20 minutes daily)

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

EVENING TRACKING

Biggest win yesterday:

Next 8-day focus:

CLINICAL NOTE

Avoid extreme experiments (fasting, dehydration, mega-supplements) without clinician guidance. If symptoms worsen quickly, stop and contact your care team



DAY 16 LOCK IT IN

Day 8 of 14

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Did you do the 4 standards?
- BP checks at least 4 days/week
- One sodium standard you can live with
- One glucose standard you can live with
- One movement standard
 - (10 minutes after one meal,
 - or 20 minutes daily)

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

EVENING TRACKING

Biggest win yesterday:

Next 7-day focus:

CLINICAL NOTE

Avoid extreme experiments (fasting, dehydration, mega-supplements) without clinician guidance. If symptoms worsen quickly, stop and contact your care team



DAY 17 LOCK IT IN

Day 9 of 14

"Consistency is a medical strategy."

DO THIS TODAY <ul style="list-style-type: none"><input type="checkbox"/> Do AM check-in first.<input type="checkbox"/> Did you do the 4 standards?<input type="checkbox"/> BP checks at least 4 days/week<input type="checkbox"/> One sodium standard you can live with<input type="checkbox"/> One glucose standard you can live with<input type="checkbox"/> One movement standard<ul style="list-style-type: none">• (10 minutes after one meal,• or 20 minutes daily)	TRACK TODAY <p>BP:am ____/____ ____/____ pm ____/____ ____/____</p> <p>Weight: _____</p> <p><u>Edema:</u> none / mild / moderate</p> <p><u>Bowel:</u> yes / no</p> <p><u>Sleep:</u> good / ok / poor</p> <p><u>Stress:</u> low / med / high</p> <p>Salt hit yesterday? yes / no</p> <p>Sick/dehydrated? yes/no</p>
QUICK WIN <p>Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart</p>	EVENING TRACKING <p>Biggest win yesterday: _____</p> <p>Next 6-day focus: _____ _____</p>

CLINICAL NOTE

Half plate: non-starchy vegetables (choose options that fit your potassium plan), moderate protein portion, Control starch portion, be careful of sodium substitutes



DAY 18 LOCK IT IN

Day 10 of 14

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Did you do the 4 standards?
- BP checks at least 4 days/week
- One sodium standard you can live with
- One glucose standard you can live with
- One movement standard
 - (10 minutes after one meal,
 - or 20 minutes daily)

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

EVENING TRACKING

Biggest win yesterday:

Next 5-day focus:

CLINICAL NOTE

Remember, watch your sugary drinks. You do not want to spike your glucose.



DAY 19 LOCK IT IN

Day 11 of 14

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Did you do the 4 standards?
- BP checks at least 4 days/week
- One sodium standard you can live with
- One glucose standard you can live with
- One movement standard
 - (10 minutes after one meal,
 - or 20 minutes daily)

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

EVENING TRACKING

Biggest win yesterday:

Next 4-day focus:

CLINICAL NOTE

Remember, plant-based protein is easier on your kidneys than animal protein.



DAY 20 LOCK IT IN

Day 12 of 14

"Consistency is a medical strategy."

DO THIS TODAY

- Do AM check-in first.
- Did you do the 4 standards?
- BP checks at least 4 days/week
- One sodium standard you can live with
- One glucose standard you can live with
- One movement standard
 - (10 minutes after one meal,
 - or 20 minutes daily)

QUICK WIN

Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart

TRACK TODAY

BP:am ____/____ ____/____

pm ____/____ ____/____

Weight: _____

Edema:

none / mild / moderate

Bowel: yes / no

Sleep: good / ok / poor

Stress: low / med / high

Salt hit yesterday? yes / no

Sick/dehydrated? yes/no

EVENING TRACKING

Biggest win yesterday:

Next 3-day focus:

CLINICAL NOTE

Remember, if weight jumps quickly with more swelling, think "salt/volume," not "failure." Tighten sodium consistency and recheck tomorrow.



DAY 21 LOCK IT IN

Day 13 of 14

"Consistency is a medical strategy."

<p>DO THIS TODAY</p> <ul style="list-style-type: none"><input type="checkbox"/> Do AM check-in first.<input type="checkbox"/> Did you do the 4 standards?<input type="checkbox"/> BP checks at least 4 days/week<input type="checkbox"/> One sodium standard you can live with<input type="checkbox"/> One glucose standard you can live with<input type="checkbox"/> One movement standard<ul style="list-style-type: none">• (10 minutes after one meal,• or 20 minutes daily)	<p>TRACK TODAY</p> <p>BP:am ____/____ ____/____</p> <p>pm ____/____ ____/____</p> <p>Weight: _____</p> <p><u>Edema:</u> none / mild / moderate</p> <p><u>Bowel:</u> yes / no</p> <p><u>Sleep:</u> good / ok / poor</p> <p><u>Stress:</u> low / med / high</p> <p>Salt hit yesterday? yes / no</p> <p>Sick/dehydrated? yes/no</p>
<p>QUICK WIN</p> <p>Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart</p>	<p>EVENING TRACKING</p> <p>Biggest win yesterday:</p> <p>_____</p> <p>Next 2-day focus:</p> <p>_____</p> <p>_____</p>

CLINICAL NOTE

Remember, if weight jumps quickly with more swelling, think "salt/volume," not "failure." Tighten sodium consistency and recheck tomorrow.



DAY 22 LOCK IT IN

Day 14 of 14

"Consistency is a medical strategy."

<p>DO THIS TODAY</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do AM check-in first. <input type="checkbox"/> Did you do the 4 standards? <input type="checkbox"/> BP checks at least 4 days/week <input type="checkbox"/> One sodium standard you can live with <input type="checkbox"/> One glucose standard you can live with <input type="checkbox"/> One movement standard <ul style="list-style-type: none"> • (10 minutes after one meal, • or 20 minutes daily) 	<p>TRACK TODAY</p> <p>BP:am ____/____ ____/____</p> <p>pm ____/____ ____/____</p> <p>Weight: _____</p> <p><u>Edema:</u> none / mild / moderate</p> <p><u>Bowel:</u> yes / no</p> <p><u>Sleep:</u> good / ok / poor</p> <p><u>Stress:</u> low / med / high</p> <p>Salt hit yesterday? yes / no</p> <p>Sick/dehydrated? yes/no</p>
<p>QUICK WIN</p> <p>Your re-entry rule: When I slip, I do the AM check-in tomorrow and restart</p>	<p>EVENING TRACKING</p> <p>Biggest win yesterday: _____</p> <p>Next -day focus: Take your 14 day notes you have compiled and look for trends. Write them down.</p>

CLINICAL NOTE

Take your 14-day findings, identify trends, and share them with your medical team to devise new lab work and strategies.