



# 7-Day Anti Inflammatory Program

The Inflammation Equation: Sodium, Sugar, and Fiber



CHRISTIAN  
HEALTH

JOURNEY

[ChristianHealthJourney.com](http://ChristianHealthJourney.com)

**DAY SIX  
WORKBOOK**

# PLEASE READ

## DISCLAIMER

The information provided in this course is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified healthcare provider with any questions you may have regarding a medical condition or your overall health.

Participation in this course does not establish a doctor-patient relationship. Any reliance on the information provided in this course is solely at your own risk. While we strive to provide accurate and up-to-date information, we make no guarantees regarding the completeness, reliability, or applicability of the content presented.

If you experience any adverse symptoms or medical concerns while implementing the techniques or recommendations discussed in this course, discontinue them immediately and consult a healthcare professional. This course is not intended to diagnose, treat, cure, or prevent any disease.

By enrolling in this course, you acknowledge that you are responsible for your own health and well-being and agree to consult a medical professional before making any significant lifestyle changes.

## DAY 6 WORKBOOK: REST & RECOVERY

## Check-In: How Are You Feeling Today?

## Last night's sleep:

☐ Poor    ☐ Interrupted    ☐ Okay    ☐ Deep & Restful

## Mood this morning:

☐ Anxious    ☐ Tired    ☐ Steady    ☐ Clear & Uplifted

## Body signals:

☐ Achy    ☐ Sore    ☐ Energized    ☐ Calm

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# DAY 6 WORKBOOK: REST & RECOVERY

## Reflection: What Did You Learn Today?

Why is sleep so important for inflammation and recovery?

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What surprised you most about how sleep affects hormones?

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# DAY 6 WORKBOOK: REST & RECOVERY

## Knowledge Check

What is one hormone that is disrupted by poor sleep?

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Name two habits that help signal your body it's time to wind down:

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What's one way poor sleep increases inflammation?

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# DAY 6 WORKBOOK: REST & RECOVERY

## Evaluate Your Sleep Environment

| Factor                               | Supportive?              | Needs Work               |
|--------------------------------------|--------------------------|--------------------------|
| Room is dark enough                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Room stays cool at night             | <input type="checkbox"/> | <input type="checkbox"/> |
| I avoid screens before bed           | <input type="checkbox"/> | <input type="checkbox"/> |
| I keep electronics out of my bedroom | <input type="checkbox"/> | <input type="checkbox"/> |
| I have a calming bedtime routine     | <input type="checkbox"/> | <input type="checkbox"/> |

What’s one change you can make to improve your sleep setup?

# DAY 6 WORKBOOK: REST & RECOVERY

## Design Your Bedtime Wind-Down Routine

Choose up to 3 calming steps you'll try tonight:

- ☐ Dim the lights and put phone away
- ☐ Stretch or do breathwork
- ☐ Drink herbal tea
- ☐ Read a book
- ☐ Take a warm bath or shower
- ☐ Write in a journal
- ☐ Listen to soft music or white noise

## My Wind-Down Plan (Time & Steps):

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# DAY 6 WORKBOOK: REST & RECOVERY

**Goal bedtime:** \_\_\_\_\_

**Screen-free time starts at:** \_\_\_\_\_

**Planned sleep routine:**

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Tomorrow, I will reflect on:

- ☐ How long it took to fall asleep
- ☐ Whether I woke up during the night
- ☐ How I felt in the morning



# DAY 6 WORKBOOK: REST & RECOVERY

## Notes & Observations

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## Daily Takeaway

What's one rest or recovery habit you'll continue practicing after the reset?

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