



7-Day Anti Inflammatory Program

The Inflammation Equation: Sodium, Sugar, and Fiber



**CHRISTIAN
HEALTH**
JOURNEY
ChristianHealthJourney.com

**DAY SEVEN
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 7 WORKBOOK: REFLECTION & LONG-TERM STRATEGY

Check-In: How Are You Feeling Today?

Energy:

☐ Low ☐ Balanced ☐ High

Mood:

☐ Unsettled ☐ Neutral ☐ Calm + Clear

Body:

☐ Inflamed ☐ Improving ☐ Light + Comfortable

Sleep Quality Last Night:

☐ Poor ☐ Okay ☐ Deep + Restful

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Looking Back: Reflect on Your Journey

What 3 things worked really well for you this week?

What was challenging?

What surprised you the most about how you felt or responded to changes?

DAY 7 WORKBOOK: REFLECTION & LONG-TERM STRATEGY

Knowledge Check

Why is tracking your body's responses during reintroduction important?

What's the purpose of anchor habits?

What's one mindset shift that helped you stay on track?

DAY 7 WORKBOOK: REFLECTION & LONG-TERM STRATEGY

Choose Your Wellness Anchors

Pick 3–5 habits you want to keep practicing after the program:

- ☐ Hydration (lemon water, herbal tea, 2+ liters daily)
- ☐ Fiber-rich meals
- ☐ Intentional movement (walks, yoga, stretching)
- ☐ Breathwork or mindfulness
- ☐ Digital detox before bed
- ☐ Sunday meal planning
- ☐ Tracking how food makes you feel
- ☐ Saying “no” to energy drains

Which of these habits do you think will make the biggest long-term impact for you?

DAY 7 WORKBOOK: REFLECTION & LONG-TERM STRATEGY

Create Your Anti-Inflammatory Routine

Morning Habit: _____

Midday Reset: _____

Evening Wind-Down: _____

Weekly Check-In: _____

Support System (coach, group, app): _____

DAY 7 WORKBOOK: REFLECTION & LONG-TERM STRATEGY

Final Reflections & Intentions

One thing I'm proud of this week:

One thing I'll continue working on:

One word or phrase that describes how I want to feel moving forward:

Closing Insight

What's one piece of advice you'd give your "Day 1" self?

