

Vitalhaus Foundations

A four-week Journey toward a routine you can follow through on.

Food. Sleep. Movement. Recovery.

Four lessons, four worksheets, and a plan for your next month. Begin with one useful step and build from there.

How to use this guide

Read one lesson each week and complete the matching worksheet. Keep reflections for your own use; this educational course does not include individual review of your entries. Choose actions that fit your circumstances and existing care instructions.

What is included

Written general education and printable worksheets. Separate clinical services may be available through Vitalhaus; this course does not include diagnosis, lab interpretation, prescriptions, or individual clinical messaging.

Make it yours

You do not need to buy supplements, tests, equipment, or a paid app. Use a pen and this guide, or keep your reflections privately in your own notes.

Course access help: hello@vitalhaus-health.com

Find your starting point

A foundation you can build on

Begin with one meaningful change

Welcome to Vitalhaus Foundations. This four-week educational Journey helps you build a workable routine around food, sleep, movement, and recovery. Each week includes a short lesson and a practical worksheet. The goal is to leave with a plan you understand and can repeat. You can move more slowly when life calls for it.

Your health has a story

Functional medicine asks how your history and everyday patterns fit together. For this educational Journey, begin by noticing rather than diagnosing. What is happening on a typical day? When do meals become difficult? What interrupts your sleep? When does movement feel possible? These observations can help you choose a practical starting point and prepare useful questions for a clinician.

Choose a goal that belongs to your life

Feeling better is a reasonable wish. Give it a concrete meaning: having a predictable lunch break, making space for an evening walk, or creating time to wind down. Choose something you can observe. Your first goal should describe an action you can take, rather than a symptom result you cannot promise yourself.

Make a small experiment

Choose one existing moment in your day and attach a manageable action to it. For example: after I finish breakfast, I will write down my plan for lunch. Decide where it happens, what you need, and what a smaller version looks like on a difficult day. A repeatable action gives you information even when it needs adjustment.

Keep the record simple

For the next seven days, record whether you tried your chosen action and one sentence about what helped or got in the way. You may also note how much the concern affects everyday life on a consistent 0-10 scale. This is a personal reflection tool, not a diagnostic test. You do not need a wearable, a new supplement, or extensive tracking to begin.

Know what this Journey includes

You receive education and worksheets. This purchase does not include individual assessment, lab interpretation, prescriptions, or clinical messaging. Persistent or worsening symptoms deserve appropriate medical evaluation. Use your existing care team for personal medical questions. If you want Vitalhaus clinical care, book a separate first visit; availability depends on the service and your location.

This week

Complete your starting-point worksheet. Choose one action, a realistic time, and a fallback version. Review what happened after a week. Keep the useful parts and adjust the rest.

Your week 1 worksheet

One useful action. A little reflection. A workable next step.

What would a better everyday routine allow me to do?

My one action this week is...

After this existing routine... I will...

My smaller version on a difficult day is...

What information or help would make this easier?

Seven-day action record

Day	Tried my action?	What helped or got in the way?
1		
2		
3		
4		
5		
6		
7		