

# **Flat Gut After 50**

## **8-Week Starter Pack**

- **Action Calendar**
- **Checklists**
- **Progress Tracker**

**To accompany Flat Gut After 50:  
Flatten Your Belly,  
Stand Taller and  
Age Stronger  
in 3 Simple Phases  
by Doug Setter**

Use this pack to turn the book's ideas into simple, daily actions.

# How to Use This Pack

This 8-Week Flat Gut After 50 Kickstart Pack is designed to help you with simple, repeatable actions you can actually stick with.

## 1. Begin with the 8-Week Action Calendar.

- Choose your three core/posture days each week (for example, Monday, Wednesday and Friday).
- Choose five walking days (they can overlap with core days).
- Keep the calendar somewhere visible—on the fridge, by your bedside, or on your desk.
- Each day, simply check off what you complete. Imperfect weeks are normal; consistency over time matters most.

## 2. Make the Daily Habit Checklist your “at a glance” guide.

- At the start of each day, glance at the checklist and choose one or two habits to prioritise.
- In the evening, tick off what you managed. Over time, you’ll see which habits are already strong and which need more support.

### 3. Plan your week in 5–10 minutes

- Once a week (for example, Sunday evening), use the Weekly Planner.
- Mark your busiest days and decide in advance what a “minimum win” looks like (short walk, posture checks, breathing only).
- Choose 1–2 food focus points for the week.
- Decide on a small, non-food reward you’ll give yourself if you complete at least 80% of your plan.

### 4. Keep the “Bad Day Rescue” checklist handy

- Life will interrupt your plan from time to time. That doesn’t mean you’ve failed.
- When a day goes off the rails, choose just one item from the Bad Day Rescue checklist (for example, a 5-minute walk or going to bed a little earlier).
- This keeps you connected to the process and makes it easier to get back on track tomorrow.

## 5. Track progress beyond the scale

- Use the Progress Tracker on Day 1, at the end of Week 4 and at the end of Week 8.
- Record your waist and hip measurements, posture, sit-to-rise ability, energy and how confident you feel in your clothes.
- Pay close attention to the notes and “wins” sections—small improvements in balance, ease of movement and daily comfort are just as important as numbers.

## 6. Reflect briefly each week

- At the end of each week, take a moment to fill in the Weekly Reflection box.
- Write down one thing you’re proud of and one small tweak you’ll make next week.
- This keeps the focus on learning and adjusting, not perfection.

Remember: this pack is here to support you, not to judge you. Even if you only use one or two pages consistently, you’ll still be reinforcing the habits that help you flatten your belly, stand taller and age stronger.

# PHASES & WEEKLY RHYTHM

## Phase 1 (Weeks 1–2): Wake Up & Align

- Gently activate posture and core
- Learn Rolling-Like-a-Ball, Torso Raise and the Lunge
- Start walking/running/biking/some activity 20–30 minutes on most days
- Begin basic gut-busting breathing

## Phase 2 (Weeks 3–6): Strengthen & Shape

- Add a 3-part abdominal routine: Leg-overs, Reverse Crunch, & Crunch
- Continue posture and breathing work
- Walk/exercise regularly and add small intensity upgrades
- Pay more attention to sugar, white flour and bloat-causing foods

## Phase 3 (Weeks 7–8): Maintain & Deepen

- Keep your 3 core sessions and 5 walking/exercise days
- Fine-tune nutrition and “plumbing”
- Decide which habits you’ll carry forward for the next 3 months

# Your Weekly Rhythm

Use this basic weekly rhythm and adjust as you go:

## Movement & Core

- 5 days per week: 20–30 minutes of walking/exercise.
- 3 days per week: short core/posture sessions (10–15 minutes) using exercises from Chapters 2–4
- Every day: 2–3 posture checks (stand tall, shoulder blades together, neck back in the collar)

## Breathing

- 3–5 times per week: practice the full exhale breathing from Chapter 3
- Optional: drawing-in-the-abdomen (on an empty stomach) a few times per week

## Nutrition & “Plumbing”

- Emphasize real foods: protein, vegetables, whole grains, healthy fats
- Minimize white sugar, white flour and common bloat triggers most days
- Drink enough water for pale yellow urine
- Include fibre daily (vegetables, fruits, whole grains).

## Mind & Tracking

- Once per week: 5-minute journal or Weekly Reflection
- Weeks 1, 4 and 8: use the Progress Tracker

Small, repeatable actions done over 8 weeks will move you further than one “perfect” day.

# DAILY HABITS & WEEKLY PLANNER

Week 1

Date:

## Week Overview

Record a win and an area to improve

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Top 3 Habits

Which habits were most productive?



If I complete at least 80% of my planned actions this week, I'll reward myself with:



## Habit Tracker

Day

M T W T F

2-3 Posture Resets

Exercise (30 minutes)

Core Session

Full Breathing

Sleep 7-8 hours

Stomach Vacuum

Protein & Vegetables 2 meals

Limit white flour & sugar

Reward your efforts

## Bad Day Rescue

If A Day Goes Off the Rails...choose just one of these:

- 5-10 minutes of exercise (indoors or outdoors)
- 2 posture resets and 3 deep exhale breaths
- One simple meal that is mostly protein + vegetables
- Perform ONE core exercise.
- Go to bed 15-30 minutes earlier than usual

## Reflections

Note what worked and what did not.

# Flat Gut After 50 Progress Tracker: How you move, feel and function.

**Baseline (Day 1) Date:** \_\_\_\_\_

- **Waist (at navel):** \_\_\_\_ cm / in **Hips (widest part):** \_\_\_\_ cm / in
- **(Optional) Weight:** \_\_\_\_\_ kg / lb

## **Sit-to-Rise ability (from the Sit-to-Rise course & book. (Link)):**

Can you sit cross-legged on the floor and stand up without using hands or heavy support?

- Yes, easily.  Yes, with some effort.  With hands & support.  Not yet

## **Ratings (1-10):**

- **Posture (1 = very slouched, 10 = tall and open):** \_\_\_\_\_
- **Energy most days:** \_\_\_\_\_
- **Confidence in your clothes:** \_\_\_\_\_

## **Week 4 Check-In (Date: )**

- **Waist:** \_\_\_\_\_ **Hips:** \_\_\_\_\_ **(Optional) Weight:** \_\_\_\_\_
- **Sit-to-Rise:**  Easier  Same  Harder

## **Ratings:**

- **Posture:** \_\_\_\_\_
- **Energy:** \_\_\_\_\_
- **Confidence:** \_\_\_\_\_
- **Two wins I've noticed:** 1. \_\_\_\_\_ 2. \_\_\_\_\_

## **Week 8 Check-In (Date: )**

- **Waist:** \_\_\_\_\_ **Hips:** \_\_\_\_\_ **(Optional) Weight:** \_\_\_\_\_

## **Sit-to-Rise:**

- Easier  Same  Harder

## **Ratings:**

- **Posture:** \_\_\_\_\_
- **Energy:** \_\_\_\_\_
- **Confidence:** \_\_\_\_\_

**Biggest changes I've noticed (body or life):** \_\_\_\_\_