



THE NINETY DAY TRACKER

Five essentials. Ninety days. · gerrymorton.com/ninety

Name _____ Day one ____ / ____ / ____

YOUR THREE NUMBERS, ONE TO TEN

	Day 1	Target	Day 14	Day 45	Day 90
Energy at 4 p.m. on a normal day					
How rested you feel on waking					
How strong you feel carrying, climbing, getting up					

FIVE NUMBERS WORTH KNOWING

		Baseline	Re-test
apoB	under 90		
HbA1c	under 5.5		
hs-CRP	under 1.0		
Fasting insulin	low end, same lab		
Waist	under half height		

Re-test waist at week 12, blood work at 6 months if flagged, otherwise 12. Benchmarks to discuss with your physician.

EACH WEEK, WRITE HOW MANY DAYS YOU DID IT, 0 TO 7. START ONE ESSENTIAL AT A TIME.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13
Same wake time													
Daily walk													
Protein to target													
Strength sessions													
Easy cardio													
Slow breathing, 5 min													
Time with people													

THE ORDER

One change at a time.
Once a habit is in, it stays.

WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	WEEKS 7-8	WEEK 9	WEEKS 10-11	WEEK 12	WEEK 13
Wake time, a daily walk, protein at first meal	Full protein target	Start strength training	Easy aerobic work	Sleep and slow breathing	A recurring commitment with people	Waist, weight, scores	Compare and choose

My wake time _____ My daily step floor _____ My protein target _____ g

A missed day is data, not failure. Be back on it the next day. On day 90, write the three numbers again and compare them with day one.

A short email at every step:
gerrymorton.com/ninety

