

6-Day Habit Building Plan: Metabolic Neuroplasticity Template

Adaptable for ANY purpose: Mobility, Focus, Executive Leadership, Emotional Stamina, or Weight Vitality.

Core Principle: “Your brain is still hiring. Pair fuel, movement, and attention so the brain-body loop keeps working. No stagnancy — whether your purpose is physical balance, decision clarity, or emotional relief.” — Vera Shury, MS (ACE Health Coach, HeartMath Certified, PWR!Moves Instructor)

1. MY PURPOSE & CHOSEN FOCUS

I am building this habit because: _____

Specific micro-action I will practice: _____

Emotional signal (where I felt stuck or downhill): _____

2. READINESS CHECK (DAY 0 — ACE HEALTH COACHING STANDARD)

Check YES or NO. High readiness guarantees a stronger neural wire.

READINESS DIMENSION	YES	NO
1. Am I looking to change a specific behavior or routine?	☐	☐
2. Am I willing to make this a top priority for 6 consecutive days?	☐	☐
3. Have I tried something similar before and learned what disrupted it?	☐	☐
4. Do I see clear physical or emotional risks in NOT making this change?	☐	☐
5. Am I committed even if resistance or old habits surface?	☐	☐
6. Do I have support (or am I ready to build a supportive loop)?	☐	☐
7. Do I have reasons that extend beyond vanity or obligation?	☐	☐
8. Am I ready to be patient with setbacks and celebrate micro-progress?	☐	☐

3. THE 6-DAY METABOLIC NEUROPLASTICITY LOOP (KEEP IT SMALL)

DAY 1: SET THE HIRE

Initiate Circuit

Action: _____

Fuel: _____

Move (2–5m): _____

Attention: _____

Joy/Reward: _____

Completed: ☐ Yes ☐ Almost

Notes: _____

DAY 2: FUEL THE LOOP

Nutritional Support

Action: _____

Fuel: _____

Move (2–5m): _____

Attention: _____

Joy/Reward: _____

Completed: ☐ Yes ☐ Almost

Notes: _____

DAY 3: MOVE WITH PURPOSE

Neuromuscular Signal

Action:

Fuel:

Move (2–5m):

Attention:

Joy/Reward:

Completed: ☐ Yes ☐ Almost

Notes:

DAY 4: ATTENTION & BREATH

HeartMath Coherence

Action:

Fuel:

Move (2–5m):

Attention:

Joy/Reward:

Completed: ☐ Yes ☐ Almost

Notes:

DAY 5: REWARD THE CIRCUIT

Dopaminergic Lock

Action:

Fuel:

Move (2–5m):

Attention:

Joy/Reward:

Completed: ☐ Yes ☐ Almost

Notes:

DAY 6: REVIEW & EXPAND

Durable Retention

Action:

Fuel:

Move (2–5m):

Attention:

Joy/Reward:

Completed: ☐ Yes ☐ Almost

Notes:

4. AFTER DAY 6 — NO STAGNANCY

What worked best during this 6-day loop:

What habit I will continue or expand into my life:

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