

NUTRITION · TRAINING · LABS · LIFESTYLE

ELITE BODY DATA

The Energy Reset

seven days to feeling like yourself

A short, structured reset for the crash at three o'clock, the second wind at eleven, and the tiredness that sleep does not fix.

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START HERE

Fatigue is rarely one thing. It is usually four small things stacked in the wrong order.

Being tired is treated as a personality trait once you cross a certain level of responsibility. It is not. Persistent low energy is a signal — from blood sugar, from sleep architecture, from under-fuelling, or from a lab value nobody has looked at in three years.

The good news is that energy responds faster than almost anything else in the body. Most people feel a real difference inside a week, long before the scale or a scan moves.

This reset sequences the four levers in the order that actually works. Do them together, in this order, for seven days before you conclude anything about yourself.

WHO THIS IS FOR

The Multiplier

40–58. Runs a team, a household, or both. Sleeps enough hours on paper and still wakes up unrested. Caffeine has stopped working the way it used to. Wants clear afternoons and a body that keeps pace with an ambitious calendar — not a longer to-do list.

Pull them in this order. The sequence is the intervention.

01

Stabilise the morning

Protein and light within sixty minutes of waking. This single change flattens the afternoon crash more reliably than any supplement, because it sets both blood sugar and the circadian signal for the whole day.

02

Stop under-eating before four o'clock

Most tired people eat two thirds of their calories after five. Front-load the day and the evening cravings, the poor sleep, and the groggy morning all soften together.

03

Protect the last ninety minutes

Sleep quality is built before midnight, not in bed. Dim light, finish eating, and lower the demand on your nervous system — duration matters far less than what preceded it.

04

Rule out the boring causes

Ferritin, B12, vitamin D, thyroid panel, A1C. Fatigue that survives a disciplined week is a lab conversation, not a willpower conversation.

DO THIS WEEK

Seven days, four checkboxes a day.

Keep it this small on purpose. A reset you can complete beats a protocol you abandon on Wednesday.

- ☐ Thirty grams of protein and ten minutes of daylight within an hour of waking.
- ☐ Eat a real lunch, at a real time, every day this week.
- ☐ Set a hard stop for food and screens ninety minutes before bed.
- ☐ Track energy on a one-to-ten scale at 10am, 3pm, and 9pm.
- ☐ Note the days that felt different — and what preceded them.
- ☐ Request or gather your last full lab panel so someone can actually read it.

NOTES

THE NEXT STEP

If a good week does not fix it, the answer is in your data.

That is the point where guessing gets expensive. A discovery call reviews what the reset revealed and what your labs are quietly saying.

Seven days of honest notes is more than most people bring to a physical.

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