

Your Shift tracker

Results with The Shift build week over week. Most women start to notice a change in two to three weeks, and the slower symptoms keep improving into months two and three. This 90-day tracker helps you see it happen. A small shift on a hard day is easy to miss.

STEP 1. CHOOSE YOUR THREE

Pick the three symptoms you most want to change. Write them below and again at the top of the tracking columns. Common ones: brain fog, feeling tense, irritability, anxiety, low energy, night wakings, PMS or period changes.

1 _____

2 _____

3 _____

STEP 2. YOUR PROTOCOL

Morning	2 capsules with breakfast
Afternoon	2 capsules with a meal, 3 to 4 hours later
Always	With food and water
Missed one	Add it to your next dose. Then carry on.

Sensitive to herbs or new to supplements: start at 1 and 1 for the first week or two, then move to 2 and 2 when you feel ready.

STEP 3. SCORE EACH SYMPTOM ONCE A DAY

Same time each day works best, ideally in the evening. Go with your gut. You're looking for the trend over weeks, not the number on any single day.

1 Barely there	2 Noticed it, moved on	3 Present. Tolerable.	4 Got in the way	5 Took over my day
-------------------	---------------------------	--------------------------	---------------------	-----------------------

WHAT TO EXPECT

Days 1 to 14. Your system is recalibrating. Vivid dreams, wanting more sleep, or a slower morning are all normal and pass within a week or two. If evenings feel more alert than restful, move your second dose to lunch.

Weeks 2 to 3. This is where most women first feel it, usually in sleep and tension. **Months 2 and 3.** Brain fog and energy tend to follow. Keep going. The formula is cumulative.

DAY	DATE	AM	PM	1.	2.	3.	NOTES: SLEEP, MOOD, ENERGY, ANYTHING
ex	9/14	✓	✓	4	3	4	Woke at 2am, fell back asleep faster
1		☐	☐				
2		☐	☐				
3		☐	☐				
4		☐	☐				
5		☐	☐				
6		☐	☐				
7		☐	☐				
WEEK 1 IN ONE LINE							
8		☐	☐				
9		☐	☐				
10		☐	☐				
11		☐	☐				
12		☐	☐				
13		☐	☐				
14		☐	☐				
WEEK 2 IN ONE LINE							
15		☐	☐				
16		☐	☐				
17		☐	☐				
18		☐	☐				
19		☐	☐				
20		☐	☐				
21		☐	☐				
WEEK 3 IN ONE LINE							
22		☐	☐				
23		☐	☐				
24		☐	☐				
25		☐	☐				
26		☐	☐				
27		☐	☐				
28		☐	☐				
WEEK 4 IN ONE LINE							
29		☐	☐				
30		☐	☐				

DAY	DATE	AM	PM	1.	2.	3.	NOTES: SLEEP, MOOD, ENERGY, ANYTHING
31		☐	☐				
32		☐	☐				
33		☐	☐				
34		☐	☐				
35		☐	☐				
36		☐	☐				
37		☐	☐				
WEEK 5 IN ONE LINE							
38		☐	☐				
39		☐	☐				
40		☐	☐				
41		☐	☐				
42		☐	☐				
43		☐	☐				
44		☐	☐				
WEEK 6 IN ONE LINE							
45		☐	☐				
46		☐	☐				
47		☐	☐				
48		☐	☐				
49		☐	☐				
50		☐	☐				
51		☐	☐				
WEEK 7 IN ONE LINE							
52		☐	☐				
53		☐	☐				
54		☐	☐				
55		☐	☐				
56		☐	☐				
57		☐	☐				
58		☐	☐				
WEEK 8 IN ONE LINE							
59		☐	☐				
60		☐	☐				

DAY	DATE	AM	PM	1.	2.	3.	NOTES: SLEEP, MOOD, ENERGY, ANYTHING
61		☐	☐				
62		☐	☐				
63		☐	☐				
64		☐	☐				
65		☐	☐				
66		☐	☐				
67		☐	☐				
WEEK 9 IN ONE LINE							
68		☐	☐				
69		☐	☐				
70		☐	☐				
71		☐	☐				
72		☐	☐				
73		☐	☐				
74		☐	☐				
WEEK 10 IN ONE LINE							
75		☐	☐				
76		☐	☐				
77		☐	☐				
78		☐	☐				
79		☐	☐				
80		☐	☐				
81		☐	☐				
WEEK 11 IN ONE LINE							
82		☐	☐				
83		☐	☐				
84		☐	☐				
85		☐	☐				
86		☐	☐				
87		☐	☐				
88		☐	☐				
WEEK 12 IN ONE LINE							
89		☐	☐				
90		☐	☐				

Look back

At the end of each month, average your scores for that month's last week and write them here next to your week 1 scores. The trend is the story.

SYMPTOM	WEEK 1	DAY 30	DAY 60	DAY 90
1.				
2.				
3.				

WHAT'S DIFFERENT THAT A SCORE CAN'T CAPTURE

Something you did without thinking about it. A reaction you didn't have. A morning that felt like yours.

WHAT HASN'T MOVED YET

Brain fog and energy are usually the slower ones. If a symptom hasn't shifted by week three, message your herbal advisor. Sometimes a small timing change makes the difference.

IF YOU'D TELL A FRIEND ONE THING

KEEP THE SAME THREE

Track the same symptoms all 90 days so you can compare. Results are cumulative, and months two and three are where the slower symptoms tend to catch up.

SHARE IT WITH YOUR HERBAL ADVISOR

Your numbers help us understand what The Shift does for real women. Send a photo of this page on WhatsApp to +1 (858) 214-0189.