

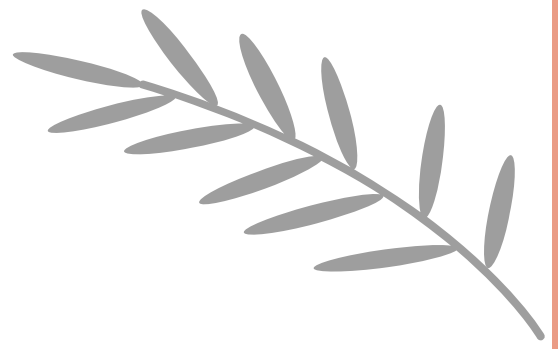
GHA Cystitis Natural Support Core Plan

Resource 3



Your 6-Day Action Schedule





"Your health and well-being
are worth every effort"



Welcome

to your 6-day action schedule.

You have a new schedule for each day.

Your day is broken up into 45-minute slots from the time you wake until you go to bed.

You can adapt the times to suit your wake and sleep routine but otherwise please stick to the time frames and actions closely.



Remember to use your support tools alongside your schedule to help make things easier. These are resources 4 and 5.

Resource 6 will support you once you have completed your 6-days.



Day 1

Today may be the hardest day to get through but it is the most important.

If you give today your upmost focus and follow closely both your action steps and additional recommendations , you will be more likely to overcome your infection within 6-days.

You can do this!



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY ONE

6:30				_____
7:15				_____
8:00				_____
8:45				_____
9:30				_____
10:15				_____
11:00				_____
11:45				_____
12:30				_____
13:15				_____
14:00				_____
14:45				_____
15:30				_____
16:15				_____
17:30				_____
18:15				_____
19:00				_____
19:45				_____
20:30				_____

YOUR KEY TO ACTION

- EMPTY BLADDER
- LEMON & GINGER TEA
- HERBAL TEA NC = Non Caffeinated
- GLASS OF WATER
- FRUIT BERRIES
- MEAL TIME

MEALS I ATE TODAY

1	_____
2	_____
3	_____

HOW I FELT TODAY

1	_____
2	_____
3	_____

GETTING READY FOR SLEEP

Try to stay off screens before bedtime but expect to empty your bladder **TWICE** during the night - set an alarm if needed

21:15		_____
22:00		_____
ONCE		_____
TWICE		_____

Well done you have completed Day One.
You'll know what to expect again tomorrow. You've got this! — Carla

Day 2

Congratulations, you made it through day 1!

As you were up in the night to empty your bladder, you might be tired. It is important to rest today when you can.

Work or study from home if possible and ask for help with children or any dependants.

You should now be familiar with the action steps so today's schedule might feel a little easier to follow.

You have just one more day at this intensity and then you can begin to wind down.

Keep going, you've got this!





YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY TWO

6:30			KIWI	_____
7:15				_____
8:00				_____
8:45				_____
9:30			ORANGE	_____
10:15				_____
11:00			KIWI	_____
11:45				_____
12:30				_____
13:15				_____
14:00				_____
14:45			ORANGE	_____
15:30				_____
16:15				_____
17:30				_____
18:15				_____
			+ Live Yoghurt	
19:00				_____
19:45			KIWI	_____
20:30				_____

YOUR KEY TO ACTION

- EMPTY BLADDER
- LEMON & GINGER TEA
- HERBAL TEA NC = Non Caffeinated
- GLASS OF WATER
- FRUIT BERRIES
- MEAL TIME

MEALS I ATE TODAY

1	_____
2	_____
3	_____

HOW I FELT TODAY

1	_____
2	_____
3	_____

GETTING READY FOR SLEEP

Try to stay off screens before bedtime but expect to empty your bladder **ONCE** during the night - set an alarm if needed

21:15		_____
22:00		_____
ONCE		_____

Well done you have now completed Day Two!

Make sure you have prepped ahead for mealtimes and try different options each day – Carla



Day 3

Well done, you have made it to day 3!

As you have been following your schedule for 2 days you will be familiar with the steps and hopefully find them simpler to action.

Remember, after today your schedule intensity winds down.

Stay focused, you can do this!



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY THREE

- 6:30 **KIWI** _____
- 7:15 _____
- 8:00 _____
- 8:45 _____
- 9:30 **ORANGE** _____
- 10:15 _____
- 11:00 **KIWI** _____
- 11:45 _____
- 12:30 _____
- 13:15 _____
- 14:00 _____
- 14:45 **NC ORANGE** _____
- 15:30 _____
- 16:15 _____
- 17:30 _____
- 18:15 **+ Live Yoghurt** _____
- 19:00 _____
- 19:45 **KIWI** _____
- 20:30 _____

YOUR KEY TO ACTION

- EMPTY BLADDER**
- LEMON & GINGER TEA**
- HERBAL TEA** NC = Non Caffeinated
- GLASS OF WATER**
- FRUIT** **BERRIES**
- MEAL TIME**

MEALS I ATE TODAY

- 1 _____
- 2 _____
- 3 _____

HOW I FELT TODAY

- 1 _____
- 2 _____
- 3 _____

GETTING READY FOR SLEEP

Try to stay off screens before bedtime but expect to empty your bladder **TWICE** during the night - set an alarm if needed

- 21:15 _____
- 22:00 _____
- ONCE _____
- TWICE _____

Well done you have completed Day Three!

Make sure you set an alarm if you are not waking up to empty your bladder at night — Carla

Day 4

Amazing, you have arrived at day 4!

The intensity of your schedule reduces from today.

You will notice that you have longer breaks between action steps so it should feel easier to manage.

It is important to keep going with the next 3 days, even if your symptoms have improved.

You are doing great, keep it up.





YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY FOUR

- 6:30 KIWI _____
- 7:15 _____
- 8:00 _____
- 8:45 _____
- 9:30 _____
- 10:15 _____
- 11:00 KIWI _____
- 11:45 _____
- 12:30 _____
- 13:15 _____
- 14:00 _____
- 14:45 _____
- 15:30 _____
- 16:15 _____
- 17:30 _____
- 18:15 _____
- 19:00 _____
- 19:45 KIWI _____
- 20:30 _____

YOUR KEY TO ACTION

- EMPTY BLADDER
- LEMON & GINGER TEA
- HERBAL TEA NC = Non Caffeinated
- GLASS OF WATER
- FRUIT BERRIES
- MEAL TIME

MEALS I ATE TODAY

- 1 _____
- 2 _____
- 3 _____

HOW I FELT TODAY

- 1 _____
- 2 _____
- 3 _____

GETTING READY FOR SLEEP

No need to wake up during the night to empty your bladder. Sweet dreams!

- 21:15 _____
- 22:00 _____

Well done you have completed Day Four!
Hopefully today felt a little easy than the last few — Carla



Day 5

It's day 5 and you just have 2 more days to go!

I hope you found the schedule simple to action yesterday - just do the same today.

The good news is, if your symptoms have reduced you won't need to rest as much.

Stay engaged, the end is in sight!



YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

Date _____

S M T W T F S

SCHEDULE FOR DAY FIVE

6:30	  	_____
7:15		_____
8:00	  	_____
8:45		_____
9:30		_____
10:15		_____
11:00	 	_____
11:45		_____
12:30	 	_____
13:15		_____
14:00		_____
14:45	 	_____
15:30		_____
16:15		_____
17:30	 	_____
18:15	  	_____
19:00		_____
19:45	  	_____
20:30		_____

YOUR KEY TO ACTION

-  EMPTY BLADDER
-  LEMON & GINGER TEA
-  HERBAL TEA NC = Non Caffeinated
-  GLASS OF WATER
-  FRUIT  BERRIES
-  MEAL TIME

MEALS I ATE TODAY

1	_____
2	_____
3	_____

HOW I FELT TODAY

1	_____
2	_____
3	_____

GETTING READY FOR SLEEP

*No need to wake up during the night to empty your bladder.
Sweet dreams!*

21:15		_____
22:00		_____

Well done you have completed Day Five!
You should be finding you are going to the toilet a lot less now— Carla

Day 6

It's the final day - you made it!

Another low intensity day but important to complete even if your symptoms have resolved.

Don't give up now, continue to follow the steps to help your body fully recover.





YOUR ACTION PLAN

Remember to tick off and fill in your timings as you go.

SCHEDULE FOR DAY SIX

- 6:30 KIWI _____
- 7:15 _____
- 8:00 _____
- 8:45 _____
- 9:30 _____
- 10:15 _____
- 11:00 _____
- 11:45 _____
- 12:30 _____
- 13:15 _____
- 14:00 _____
- 14:45 ORANGE _____
- 15:30 _____
- 16:15 _____
- 17:30 _____
- 18:15 _____
- 19:00 _____
- 19:45 KIWI _____
- 20:30 _____

Date _____

S M T W T F S

YOUR KEY TO ACTION

- EMPTY BLADDER
- LEMON & GINGER TEA
- HERBAL TEA NC = Non Caffeinated
- GLASS OF WATER
- FRUIT BERRIES
- MEAL TIME

MEALS I ATE TODAY

- 1 _____
- 2 _____
- 3 _____

HOW I FELT TODAY

- 1 _____
- 2 _____
- 3 _____

GETTING READY FOR SLEEP

No need to wake up during the night to empty your bladder. Sweet dreams!

- 21:15 _____
- 22:00 _____

*Well done you have completed the full SIX Days!
Make sure you have all these sheets filled in so we can go through them together— Carla*

Well Done!

You have completed
your 6-day schedule!

To find out what steps you
should take next, please
read resource number 6.

