



KLF KNOWLEDGE SYSTEM
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HW-003

CLEAN ENERGY COMPANION WORKBOOK

Turning the Protocol Into a Daily Practice

Version 1.0 • Available Now

Practiced, Not Just Read.

Stewarding Spirit. Body. Wealth.
Eat To Live Forever

KINGDOM LIFE FITNESS
Clean Energy Companion Workbook
HW-003 · Version 1.0

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CHAPTER 1

HOW TO USE THIS WORKBOOK

HW-002: Clean Energy Protocol tells you what to do. This workbook is where you actually do it — daily, for a week at a time, then reviewed and repeated.

Each tracker below covers one week. Print or copy these pages for each new week you work through the Protocol. Consistency, not perfection, is the goal — the Protocol itself is built around 5 clean days and 2 flexible days. This workbook tracks reality, not an idealized version of it.

IN PLAIN LANGUAGE

A tracker you're honest with is more valuable than a protocol you follow perfectly for three days and then abandon. Write down what actually happened, not what you meant to do.



CHAPTER 2

DAILY PROTOCOL CHECKLIST

Check off each step of the Protocol as you complete it, day by day.

	MON	TUE	WED	THU	FRI	SAT	SUN
Hydration Reset							
Light Fast (2–4 hrs)							
Coffee (if used)							
Movement Trigger							
Midday Meal							
Optional Snack							
Light Close (dinner)							

Days completed fully this week: _____ / 7



CHAPTER 3

WATER INTAKE TRACKING

Record approximate water intake (in ounces) each day.

	MON	TUE	WED	THU	FRI	SAT	SUN
Water (oz)							
Hydration Reset done?							

IN PLAIN LANGUAGE

You don't need a precise number — you need an honest one. A rough estimate written down beats a precise number you never wrote at all.



CHAPTER 4

MEAL PLANNING & REFLECTION

Plan and reflect on your Midday Meal Option (1, 2, or 3 from the Protocol) each day.

	MON	TUE	WED	THU	FRI	SAT	SUN
Option Used (1/2/3)							
Energy After Meal							

Notes on what worked or didn't this week:



CHAPTER 5

MOVEMENT & ACTIVITY LOG

Log your Movement Trigger and any additional activity each day.

	MON	TUE	WED	THU	FRI	SAT	SUN
Movement Trigger done?							
Minutes							
Type of movement							



CHAPTER 6

SLEEP & RECOVERY TRACKING

Record bedtime, wake time, and how rested you felt — in your own words, not a numeric score.

	MON	TUE	WED	THU	FRI	SAT	SUN
Bedtime							
Wake Time							
Felt Rested? (Y/N)							



CHAPTER 7

WEEKLY REFLECTION

Answer honestly at the end of each week.

- Did I follow the Protocol most days, or did I drift from it? Where specifically?
- What made the clean days easier?
- What made the flexible days necessary or valuable?
- Did my energy actually feel different this week? How?
- What will I adjust — not abandon, adjust — next week?

This week's honest summary:



CHAPTER 8

WELLNESS DECISION MEMO FOLLOW-UP

Return to the Wellness Decision Memo you wrote in HW-001: Personal Wellness Assessment Framework. Revisit it here, honestly.

The habit I committed to building:

Is it becoming consistent? What's the actual evidence?

Does my priority domain (Mind, Body, or Spirit) still feel like the right one to focus on?



CHAPTER 9

MONTHLY PROGRESS REVIEW

Complete this after four weeks of tracking.

- How many weeks did I track consistently, honestly, out of the last four?
- What's different about my energy, focus, or discipline compared to a month ago?
- What part of the Protocol has become automatic? What still requires effort?
- Am I ready to move to HW-004: Nutrition Fundamentals to understand the 'why' behind the Protocol, or do I need another month of practice first?

One sentence describing this month, honestly:



APPENDIX

ABOUT THIS WORKBOOK

This workbook was produced by Kingdom Life Fitness for educational and self-tracking purposes only. It does not constitute medical advice. Kingdom Life Fitness is not a licensed medical provider. Consult a qualified physician before beginning or continuing any dietary or fasting protocol, particularly if you are pregnant, managing a medical condition, or taking medication. This workbook records what you choose to track — it does not score, diagnose, or evaluate your health. The kingdom principle is stewardship — consistency, tracked honestly, builds lasting change.



KNOWLEDGE SYSTEM

Continue Building Your Daily Practice

KLF KNOWLEDGE SYSTEM

NEXT RECOMMENDED MODULES

After completing HW-003: Clean Energy Companion Workbook, continue with:

HW-004 — Nutrition Fundamentals

HW-005 — Fasting Guide

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AWARENESS

HW-001	Personal Wellness Assessment Framework	<i>Available Now</i>
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DISCIPLINE

HW-002	Clean Energy Protocol	<i>Available Now</i>
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HW-003	Clean Energy Companion Workbook — <i>you are here</i>	<i>Available Now</i>
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HW-004	Nutrition Fundamentals	<i>Coming Soon</i>
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HW-005	Fasting Guide	<i>Coming Soon</i>
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HW-006	Whole Foods & Ingredients Guide	<i>Coming Soon</i>
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HW-007	Movement & Recovery	<i>Coming Soon</i>
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CONSISTENCY

HW-008	Building a Sustainable Healthy Lifestyle	<i>Coming Soon</i>
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