



KLF KNOWLEDGE SYSTEM
HEALTH & WELLNESS LIBRARY
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 as you complete it, day by day.

	MON	TUE	WED	THU	FRI	SAT	SUN
Hydration Reset	☐	☐	☐	☐	☐	☐	☐
Light Fast	☐	☐	☐	☐	☐	☐	☐
Coffee if used	☐	☐	☐	☐	☐	☐	☐
Movement Trigger	☐	☐	☐	☐	☐	☐	☐
Midday Meal	☐	☐	☐	☐	☐	☐	☐
Optional Snack	☐	☐	☐	☐	☐	☐	☐
Light Close	☐	☐	☐	☐	☐	☐	☐



CHAPTER 3

WATER INTAKE TRACKING

	MON	TUE	WED	THU	FRI	SAT	SUN
Water oz							
Hydration Done	☐	☐	☐	☐	☐	☐	☐



CHAPTER 4

MEAL PLANNING & REFLECTION

	MON	TUE	WED	THU	FRI	SAT	SUN
Option Used							
Energy After Meal							

Notes on what worked or didn't this week:



CHAPTER 5

MOVEMENT & ACTIVITY LOG

	MON	TUE	WED	THU	FRI	SAT	SUN
Trigger Done	☐	☐	☐	☐	☐	☐	☐
Minutes							
Type							



CHAPTER 6

SLEEP & RECOVERY TRACKING

	MON	TUE	WED	THU	FRI	SAT	SUN
Bedtime							
Wake Time							
Felt Rested	☐	☐	☐	☐	☐	☐	☐



CHAPTER 7

WEEKLY REFLECTION

- Did I follow the Protocol most days, or drift? 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?

This week's honest summary:



CHAPTER 8

WELLNESS DECISION MEMO FOLLOW-UP

Return to the memo you wrote in HW-001. Revisit it here, honestly.

The habit I committed to building:

Is it becoming consistent? What's the evidence?

Does my priority domain still feel right?



CHAPTER 9

MONTHLY PROGRESS REVIEW

- How many weeks did I track consistently, honestly, of the last four?
- What's different about my energy, focus, or discipline vs. a month ago?
- What part of the Protocol has become automatic? What still requires effort?
- Ready for HW-004: Nutrition Fundamentals, or 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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