

30-DAY GUT RESET CHALLENGE

Start Date: _____

Goal: Restore Microbial Diversity

Day	Recipe (Check Off)	Water (8+ glasses)	Sleep (7+ hrs)	Mood (1-10)	Notes
1	☐ Gundruk	☐ Yes ☐ No	☐ Yes ☐ No		
2	☐ Cassava	☐ Yes ☐ No	☐ Yes ☐ No		
3	☐ Maasai Mala	☐ Yes ☐ No	☐ Yes ☐ No		
4	☐ Mumbai Kimchi	☐ Yes ☐ No	☐ Yes ☐ No		
5	☐ Rice Kanji	☐ Yes ☐ No	☐ Yes ☐ No		
6	☐ Gundruk	☐ Yes ☐ No	☐ Yes ☐ No		
7	☐ Cassava	☐ Yes ☐ No	☐ Yes ☐ No		
8	☐ Maasai Mala	☐ Yes ☐ No	☐ Yes ☐ No		
9	☐ Mumbai Kimchi	☐ Yes ☐ No	☐ Yes ☐ No		
10	☐ Rice Kanji	☐ Yes ☐ No	☐ Yes ☐ No		
11	☐ Gundruk	☐ Yes ☐ No	☐ Yes ☐ No		
12	☐ Cassava	☐ Yes ☐ No	☐ Yes ☐ No		
13	☐ Maasai Mala	☐ Yes ☐ No	☐ Yes ☐ No		
14	☐ Mumbai Kimchi	☐ Yes ☐ No	☐ Yes ☐ No		
15	☐ Rice Kanji	☐ Yes ☐ No	☐ Yes ☐ No		

WEEK 1–2 REFLECTION: Energy up? Bloating down? _____,

Science Tip: Rotate ferments to boost alpha-diversity (Jha et al., 2018)

30-DAY GUT RESET CHALLENGE (CONTINUED)

Day	Recipe (Check Off)	Water (8+ glasses)	Sleep (7+ hrs)	Mood (1-10)	Notes
16	☐ Gundruk	☐ Yes ☐ No	☐ Yes ☐ No		
17	☐ Cassava	☐ Yes ☐ No	☐ Yes ☐ No		
18	☐ Maasai Mala	☐ Yes ☐ No	☐ Yes ☐ No		
19	☐ Mumbai Kimchi	☐ Yes ☐ No	☐ Yes ☐ No		
20	☐ Rice Kanji	☐ Yes ☐ No	☐ Yes ☐ No		
21	☐ Gundruk	☐ Yes ☐ No	☐ Yes ☐ No		
22	☐ Cassava	☐ Yes ☐ No	☐ Yes ☐ No		
23	☐ Maasai Mala	☐ Yes ☐ No	☐ Yes ☐ No		
24	☐ Mumbai Kimchi	☐ Yes ☐ No	☐ Yes ☐ No		
25	☐ Rice Kanji	☐ Yes ☐ No	☐ Yes ☐ No		
26	☐ Gundruk	☐ Yes ☐ No	☐ Yes ☐ No		
27	☐ Cassava	☐ Yes ☐ No	☐ Yes ☐ No		
28	☐ Maasai Mala	☐ Yes ☐ No	☐ Yes ☐ No		
29	☐ Mumbai Kimchi	☐ Yes ☐ No	☐ Yes ☐ No		
30	☐ Rice Kanji	☐ Yes ☐ No	☐ Yes ☐ No		

FINAL REFLECTION: Compare Day 1 vs. Day 30 energy, digestion, mood:,,,,,

PROGRESS CHART (Fill Weekly Average Mood 1–10)

Week 1: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	(Avg: ____)
Week 2: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	(Avg: ____)
Week 3: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	(Avg: ____)
Week 4: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	(Avg: ____)

CONGRATS! You've rewired your microbiome. Share at exploreikigai.com/stories,,,,,