BONUS
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THE 14-DAY FLORA RESET TRACKER WORKBOOK

1	2	3	4	5
6	7	8	9	10
11	12	13	14	14

Track Your Habits. Notice Your Patterns.
Build Better Routines.

Tanji — A Wellness Advocate

TABLE OF CONTENTS

WELCOME

- How to Use This Workbook

BEFORE DAY 1

- Your Starting Point
- My 14-Day Goal

DAYS 1–3: OBSERVE

- Day 1: Observe Before You React
- Day 2: Keep Watching the Pattern
- Day 3: Complete Your First Pattern Check

DAYS 4–6: RESET YOUR DAILY HABITS

- Day 4: Refresh Your Routine
- Day 5: Small Changes Count
- Day 6: Check Your Consistency

DAY 7: REFLECT

- Your Week-One Reflection

DAYS 8–9: REVIEW YOUR PATTERNS

- Review Your Patterns

DAY 10: BUILD YOUR CONFIDENCE

DAY 11: BE KIND TO YOURSELF

DAY 12: CHECK IN

- Your Healthy Body Check-In

DAY 13: PREPARE

- Prepare for Your Next Step

DAY 14: COMPLETE

- Your Final Check-In

AFTER THE 14 DAYS

- My 14-Day Progress Review
- My Personal Flora Reset™ Habit Checklist

KNOW WHEN TO SEEK HELP

- When to Stop Tracking and Seek Help
- My Healthcare Notes

MY FLORA RESET™ PROMISE

- My Personal Promise

A FINAL NOTE

IMPORTANT DISCLAIMER

WELCOME

You already took an important step by reading **THE FLORA RESET PROTOCOL™**.

Now it’s time to put what you learned into practice.

This workbook is designed to help you slow down, pay attention to your body, notice patterns, and build simple habits over the next 14 days.

You do not need to be perfect.

You do not need to change everything at once.

And you do not need to panic every time you notice something different.

For the next two weeks, your job is simple:

Observe. Track. Learn. Adjust.

Think of this workbook as your personal space to record what you notice without judging yourself.

Remember: the goal is not to diagnose yourself from a tracker. Persistent or concerning symptoms may require evaluation by a qualified healthcare professional.

HOW TO USE

Set aside just a few minutes each day.

You can complete your tracker in the morning, evening, or whenever it is easiest for you.

Each day, you will have space to record:

- Your hygiene and daily habits
- Hydration
- Exercise or sweating
- Products you used
- Your menstrual cycle, if applicable
- Any noticeable symptoms
- Your stress and general well-being
- Anything that may have changed

You are looking for **patterns**, not perfection.

For example, you might notice that a change tends to appear after your period, after exercise, after using a particular product, or after another change in your routine.

One observation does not automatically prove a cause.

You are simply collecting useful information.

BEFORE DAY 1

STARTING POINT

Before beginning your 14 days, take a few minutes to answer these questions.

When did you first notice the concern?

Does it happen all the time or only sometimes?

When do you notice it most often?

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ After exercise
- ☐ Around my period
- ☐ After intimacy
- ☐ After using certain products
- ☐ Other: _____

Have you recently changed anything?

- ☐ Soap or body wash
- ☐ Intimate wash
- ☐ Detergent
- ☐ Underwear
- ☐ Medication
- ☐ Antibiotics
- ☐ Exercise routine
- ☐ Hygiene routine
- ☐ Other: _____

Are you currently experiencing any other symptoms?

- ☐ Unusual discharge
- ☐ Itching
- ☐ Burning
- ☐ Pain
- ☐ Bleeding outside my normal period
- ☐ Fever
- ☐ Pelvic discomfort
- ☐ None of these
- ☐ Other: _____

What do you most want to understand during these 14 days?

_____

_____

MY 14-DAY GOAL

For these two weeks, I want to focus on:

- ☐ Understanding my patterns
- ☐ Building healthier daily habits
- ☐ Being more consistent with my routine
- ☐ Paying attention to changes
- ☐ Reducing unnecessary product use
- ☐ Becoming more confident about my body
- ☐ Knowing when to seek professional help
- ☐ Other: _____

My personal reminder:

I do not need to figure everything out today. I only need to pay attention.

DAY 1

Observe Before You React

Today is about observation.

Don't rush to change everything.

Simply notice what is happening.

Today's Check-In

How am I feeling today?

- ☐ Good
- ☐ Okay
- ☐ Tired
- ☐ Stressed
- ☐ Anxious
- ☐ Other: _____

Hydration

- ☐ I drank water throughout the day
- ☐ I could improve my water intake

Daily habits

- ☐ Clean, comfortable underwear
- ☐ Changed out of damp clothing
- ☐ Avoided douching/internal cleansing
- ☐ Avoided products that irritate me

Did I notice any unusual change today?

- ☐ No
- ☐ Yes

If yes, what did I notice?

_____

_____

What happened before I noticed it?

_____

_____

One thing I learned today:

_____

_____

DAY 2

Keep Watching the Pattern

You are not trying to solve everything today.

You are collecting clues.

Today's Check-In

Did anything change from yesterday?

- ☐ No noticeable change
- ☐ Something felt different
- ☐ I'm not sure

Today I noticed:

- ☐ Odour
- ☐ Discharge change
- ☐ Itching
- ☐ Burning
- ☐ Pain

☐ No symptoms

☐ Other: _____

Possible things that happened before the change:

☐ Period

☐ Exercise

☐ Sweating

☐ New product

☐ Intimacy

☐ Medication

☐ Stress

☐ Nothing obvious

Notes:

DAY 3

Complete Your First Pattern Check

You now have three days of observations.

Look back at Days 1 and 2.

Have you noticed a pattern?

- ☐ Yes
- ☐ Maybe
- ☐ Not yet

When did you notice changes?

What happened before the changes?

Anything I want to remember:

Reminder

You are collecting information, not diagnosing yourself. If you experience concerning symptoms, don't rely on this workbook alone. Speak with a qualified healthcare professional.

DAY 4-6

RESET YOUR DAILY HABITS

Now that you've spent several days observing, begin focusing on simple habits that support comfort and overall well-being.

The main guide emphasizes breathable underwear, changing out of sweaty or damp clothing, avoiding douching, staying hydrated, eating balanced meals, and paying attention to products that may irritate you.

You don't need to do everything perfectly.

Choose consistency over perfection.

DAY 4

Refresh Your Routine

Today's Habit Tracker

- ☐ Drank water throughout the day
- ☐ Wore clean, comfortable underwear
- ☐ Chose breathable clothing where practical
- ☐ Changed out of sweaty/damp clothing
- ☐ Avoided douching
- ☐ Avoided unnecessary scented intimate products
- ☐ Recorded anything unusual

How did I feel today?

What habit felt easiest?

What habit was difficult?

DAY 5

Small Changes Count

Today, focus on one small improvement.

My focus today:

Check In

- ☐ Hydration
- ☐ Balanced meals
- ☐ Comfortable clothing
- ☐ Fresh underwear
- ☐ Changed after sweating
- ☐ Gentle hygiene habits
- ☐ Freshness Journal updated

Did I notice anything different?

What am I proud of today?

DAY 6

Check Your Consistency

You have now spent almost a week paying closer attention to your body.

My Week-One Habit Check :

Habit	***Yes***	***Sometimes***	***Not Yet***
Drinking enough water	☐	☐	☐
Wearing breathable underwear	☐	☐	☐
Changing damp clothing	☐	☐	☐
Avoiding douching	☐	☐	☐
Avoiding irritating products	☐	☐	☐
Recording changes	☐	☐	☐

What is getting easier?

What still needs attention?

DAY 7

YOUR WEEK-ONE REFLECTION

Congratulations. You've completed the first half of your tracker.

Take a moment to look back instead of immediately moving forward.

What have I noticed?

My symptoms or changes seem to appear:

- ☐ Around my period
- ☐ After exercise
- ☐ After sweating
- ☐ After intimacy
- ☐ After using certain products
- ☐ After medication/antibiotics
- ☐ During stressful periods
- ☐ Without an obvious pattern
- ☐ Other: _____

Have I noticed a connection between any habit and a change?

What have I learned about my body?

One habit I want to continue:

One habit I want to improve:

DAY 8-9

REVIEW YOUR PATTERNS

This is where your notes become especially useful.

Look back through your first seven days.

Ask yourself:

Question 1

Do symptoms appear around my period?

- ☐ Yes
- ☐ No
- ☐ Not sure
- ☐ Not applicable

Question 2

Do I notice changes after exercise or sweating?

- ☐ Yes
- ☐ No
- ☐ Not sure

Question 3

Do I notice changes after using certain products?

☐ Yes
☐ No
☐ Not sure

Question 4

Have I recently taken antibiotics or started medication?

☐ Yes
☐ No

Question 5

Do I notice changes after intimacy?

☐ Yes
☐ No
☐ Not applicable
☐ Not sure

Question 6

Is there no obvious pattern yet?

☐ Yes
☐ No

My observations:

Remember: noticing a pattern does not necessarily mean you've found the cause. It simply gives you useful information to discuss with a healthcare professional if needed.

DAY 10

BUILD YOUR CONFIDENCE

Confidence does not mean never having a health concern.

It means knowing how to respond when something concerns you.

Today, complete these statements.

Instead of panicking, I can:

Instead of guessing, I can:

Instead of trying random remedies, I can:

If I am worried, I can speak with:

Today's Confidence Check

☐ I avoided blaming myself

☐ I followed my healthy habits

☐ I recorded what I noticed

☐ I reminded myself that asking for help is okay

DAY 11

Be Kind to Yourself

Read this slowly:

My body is not my enemy.

I do not need to feel ashamed because I have a health concern.

I can learn without judging myself.

I can ask questions.

I can seek professional care when I need it.

Today I want to remind myself:

DAY 12

YOUR HEALTHY BODY CHECK-IN

The main guide emphasizes that overall well-being matters. Hydration, balanced meals, sleep, stress management, and consistent healthy routines can support general health, even though they are not miracle treatments for vaginal odour.

Today I checked in with:

- ☐ Water
- ☐ Balanced meals
- ☐ Sleep/rest
- ☐ Movement
- ☐ Stress
- ☐ Hygiene habits
- ☐ Comfortable clothing
- ☐ Symptoms/patterns

How did I feel overall today?

What does my body seem to need more of?

One healthy choice I made today:

DAY 13

PREPARE FOR YOUR NEXT STEP

You are almost at the end of your 14 days.

Now ask yourself:

Have my symptoms improved?

- ☐ Yes
- ☐ No
- ☐ Somewhat
- ☐ Not sure

Have I noticed possible patterns?

- ☐ Yes
- ☐ No
- ☐ A few clues

Do I still have concerns?

☐ Yes

☐ No

Would speaking with a healthcare professional be helpful?

☐ Yes

☐ No

☐ I'm not sure

If symptoms are continuing, worsening, or accompanied by concerning signs, don't delay seeking medical care.

DAY 14

YOUR FINAL CHECK-IN

You made it.

Take a moment to recognize that.

You spent 14 days paying closer attention to yourself instead of simply reacting out of fear.

What did I learn?

What patterns did I notice?

Which habits do I want to keep?

What concerns do I still have?

What is my next step?

- ☐ Continue my healthy habits
- ☐ Continue tracking
- ☐ Review my patterns again
- ☐ Speak with a healthcare professional
- ☐ Prepare questions for an appointment
- ☐ Other: _____

MY 14-DAY PROGRESS REVIEW

Before I Started

What was I worried about?

After 14 Days

What do I understand better now?

What has changed in my daily habits?

What questions do I still have?

MY PERSONAL FLORA RESET™ HABIT CHECKLIST

Use this page after completing the 14 days.

Daily

☐ Drink enough water
☐ Eat balanced meals when possible
☐ Wear clean, comfortable underwear
☐ Choose breathable clothing where practical
☐ Change out of damp or sweaty clothing
☐ Avoid douching/internal cleansing
☐ Avoid products that irritate me
☐ Pay attention to unusual changes
☐ Record important observations

Weekly

☐ Review my symptom patterns
☐ Notice changes in my routine
☐ Check for new products or medications
☐ Make time for rest
☐ Pay attention to stress
☐ Review my Freshness Journal
☐ Seek professional advice when appropriate

The goal is **progress, not perfection**.

WHEN TO STOP TRACKING AND SEEK HELP

A tracker can help you organize observations, but it cannot diagnose the cause of a symptom.

Speak with a qualified healthcare professional if symptoms are persistent, severe, worsening, or accompanied by concerning signs such as:

- Significant pain
- Fever
- Unusual bleeding
- Sores
- Burning or severe irritation
- Unusual discharge
- Pelvic discomfort
- Other symptoms that concern you

The main guide also emphasizes seeking care rather than repeatedly trying internet remedies when symptoms continue or concerning signs appear.

My Healthcare Notes

What I want to tell my healthcare professional:

When the symptoms started:

Whether they are constant or occasional:

Other symptoms I noticed:

Recent medications or antibiotics:

Products or routine changes:

Questions I want answered:

MY FLORA RESET™ PROMISE

Before you close this workbook, take a moment to complete this promise.

I choose understanding over fear.

I choose healthy habits over quick fixes.

I choose to listen to my body instead of blaming it.

I choose to pay attention to patterns.

I choose to seek professional care when I need it.

I choose confidence.

My personal promise:

Name: _____

Date: _____

CONCLUSION

A FINAL NOTE

You don't need to know everything about your body to take better care of it.

You simply need to become willing to listen.

Over these 14 days, you've practiced something powerful: slowing down, observing, building healthier habits, and making decisions with more information.

If you discover a pattern, that's useful. If you didn't discover one, that's okay too. If you still have concerns, that doesn't mean you failed.

It may simply mean it's time for a healthcare professional to help you understand what's happening.

The goal was never to make you afraid of your body.

The goal was to help you become more informed, more confident, and more comfortable advocating for yourself.

Keep learning. Keep listening. Keep choosing yourself.

Your fresh confidence doesn't come from having every answer.

It comes from knowing what to do next.

IMPORTANT DISCLAIMER

This workbook is provided for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical condition.

Persistent vaginal odour or other vaginal symptoms can have different causes, and a tracker cannot determine the cause. If symptoms are persistent, severe, worsening, or accompanied by concerning symptoms, speak with a qualified healthcare professional.

Do not use this workbook as a substitute for professional medical advice, diagnosis, or treatment.

THE FLORA RESET™ TRACKER WORKBOOK is a companion resource to THE FLORA RESET PROTOCOL™.