



YOUR CELLULAR ENERGY BLUEPRINT

Discover your unique Chronotype
and get your personalized
3-Day Energy Reset Plan

Welcome!

You are taking the first step toward reclaiming your biological youth. Here is exactly what you are about to discover in this blueprint:



Your Unique Chronotype

Are you a Lion, Bear, Wolf, or Dolphin? Knowing this changes everything about when you should eat and sleep.



Why You're Exhausted

Hint: It is NOT "just getting older". We will pinpoint the specific cellular mismatch causing your fatigue.



Your Personalized 3-Day Reset

A simple, actionable plan you can start tonight to see real energy results by tomorrow morning.



The #1 Fix That Works in 24 Hours

Based on 2017 Nobel Prize science regarding circadian rhythms and cellular repair windows.

TIME TO COMPLETE

3 minutes

TIME TO RESULTS

24 hours



"Fix the root cause, and energy returns naturally."

Let's begin →

STEP 1 OF 2

Your Energy Profile

Instructions: Read the statements below and circle (or check) every statement that describes your current reality. Be honest — this establishes your baseline.

■ MORNING ENERGY

- I wake up naturally before my alarm rings
- I need to hit snooze 2+ times to get out of bed
- I wake up groggy even after 8 hours of sleep
- My best productive hours are 6am-10am
- I can't think clearly or function well before 10:00am

■ AFTERNOON PATTERNS

- I have steady energy from 12pm-4pm
- I "crash" hard around 2:00pm - 3:00pm almost every day
- I need coffee, sugar, or snacks to stay awake in the afternoon
- I could take a nap at any time of day
- My energy actually rebounds and gets better after 4:00pm

■ EVENING STATE

- I am completely exhausted and drained by 7:00pm
- I get a "second wind" of energy after 9:00pm
- I fall asleep instantly when I lie down
- I struggle to fall asleep even when I feel physically tired
- My brain is most active and alert at night

Count your checked circles from this page → CONTINUE TO STEP 2

STEP 2 OF 2

Your Sleep Quality

Instructions: Continue circling the statements that apply to you. Be honest about your sleep habits.

■ FALLING ASLEEP

- It regularly takes me 30+ minutes to fall asleep
- My mind races with thoughts as soon as I lie down
- I need TV, podcasts, or my phone to help me drift off
- I fall asleep almost instantly (under 5 minutes)

■ STAYING ASLEEP

- I wake up 1-2 times per night on average
- I wake up 3+ times per night regularly
- I sleep straight through until my alarm rings
- I wake up at the exact same time every night (e.g. 3:00 AM)

■ MORNING STATE

- I wake up feeling refreshed and energized
- I need coffee immediately or I can't function properly
- I feel like I didn't really sleep at all
- I feel better only after moving around or showering

Count your TOTAL circles from BOTH pages:

0-5 circles → Turn to Page 5 (Optimal Energy)

6-10 circles → Turn to Page 6 (Depleted Energy)

11-15 circles → Turn to Page 7 (Drained Energy)

16+ circles → Turn to Page 8 (Critical Energy)

YOUR RESULT (0-5 CIRCLES)

OPTIMAL ENERGY ✨

You're in the top 15% 🎉 Your cellular batteries are functioning well, but optimization is key to longevity.

Your circadian rhythms are mostly aligned and sleep architecture appears healthy. **But don't get comfortable.** Even optimal energy can decline rapidly if hidden triggers activate biological aging pathways.

⚠️ 3 TRIGGERS TO AVOID

TRIGGER #1: Social Jetlag

Weekend sleep schedule differs by 2+ hours from weekdays.

Fix: Consistent wake time daily.

TRIGGER #2: Blue Light > 8pm

Blocks nightly cellular repair hormones.

Fix: Orange glasses or Night Shift mode.

TRIGGER #3: 14h+ Eating Window

Prevents deep autophagy (cellular cleanup).

Fix: Compress eating to 12 hours.

🕒 24-HOUR OPTIMIZATION

TONIGHT

- ✓ Last meal by 7pm (start 12h fast)
- ✓ Dim lights to 50% after 8pm
- ✓ 10-minute slow walk after dinner

TOMORROW

- ✓ Wake at consistent time (no snooze)
- ✓ Sunlight within 30 min (10 min)
- ✓ First meal no earlier than 8am

RESULTS YOU'LL NOTICE

→ Deeper sleep tonight

→ Refreshed wake-up

→ Stable all-day energy

Take It To The Next Level

Want to reverse biological aging by 10-15 years? The full 21-day protocol optimizes even healthy mitochondria.

Get The Vitality Code →

YOUR RESULT (6-10 CIRCLES)

DEPLETED ENERGY

You're experiencing **early mitochondrial stress**. This is not "just getting older."

THE ROOT CAUSE: Social Jetlag. Your circadian clock is shifted 2-3 hours off your natural rhythm.

The result? You miss the peak repair window (10pm-2am), inflammation spikes, and energy production drops **40% below potential**. The good news? Reversal takes just 7-14 days.

CHRONOTYPE: BEAR

50% of
people

Bears thrive with the sun but suffer most from modern schedules.

IDEAL RHYTHM

Sleep: 10:30pm-
6:30am
Eat: 8am-6pm window

YOUR REALITY

Sleep: 12am+ - 8am
Eat: Skip breakfast,
late dinner

RECOVERY TIMELINE

Day 2 **Deeper sleep (noticeable)**

Day 3 **Easier wake-up (less groggy)**

Day 7 **Stable energy (no 3pm crash)**

Day 14 **Look refreshed (others notice)**

YOUR 3-DAY BEAR RESET

DAY 1 (TONIGHT)

- ✓ Last meal by 7pm
- ✓ No screens in bed (Read/Audio)
- ✓ Lights off by 10:15pm

DAY 2

- ✓ **Wake at 6:30am** (Even if tired!)
- ✓ Outside within 15 min (10 min min)
- ✓ Coffee **AFTER** breakfast (not before)
- ✓ No caffeine after 2pm

DAY 3

- ✓ Repeat Day 2 routine
- ✓ **ADD:** 10-min walk after dinner
- ✓ Notice: Faster sleep onset

This Reset Is Just The Start

For complete cellular regeneration and biological age reversal, you need the full 21-day system.

[Get The Vitality Code →](#)

YOUR RESULT (11-15 CIRCLES)

DRAINED ENERGY

You're experiencing **REAL mitochondrial stress**. This is why coffee and more sleep haven't fixed the problem.

THE TRUTH: Your cellular batteries are blocked by chronic inflammation. Inflammation sources: **60%** Circadian misalignment, **25%** Seed oils, **10%** Sleep debt. *Fix the inflammation → Your batteries repair themselves automatically.*

YOUR CHRONOTYPE: WOLF

Wolves are natural night owls forced to live like early birds.

Natural Rhythm

Peak alertness: 12pm - 8pm. Best sleep: 12am - 8am.

The Society Mismatch

9-5 schedule and early meetings force you to function when your brain isn't awake yet.

The Consequence

This mismatch is destroying your mitochondria and spiking cortisol.

IMMEDIATE ACTION:

Stop "pushing through." You need a biological reset, not more willpower.

3-DAY INFLAMMATION RESET

DAY 1: ELIMINATION (CRITICAL)

- ✓ **ELIMINATE:** ~~Ganola~~ ~~Soybean~~ ~~Corn~~
- ✓ **REPLACE:** Olive oil, Avocado oil, Butter, Coconut oil

This alone drops inflammation 40% in 24h.

DAILY ROUTINE

- ✓ **Morning:** 15 min sunlight (even if 9am)
- ✓ **Breakfast:** Protein + Fat only (No carbs)
- ✓ **Evening:** Dinner by 8pm + 10 min walk

TIMELINE OF RELIEF

- ✓ **Day 1:** Less bloating
- ✓ **Day 3:** Energy spike
- ✓ **Day 7:** No 3pm crash

This Is Just The Start

Your inflammation requires a complete system. The full 21-day protocol reverses 10-15 years of biological aging.

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YOUR RESULT (16+ CIRCLES)

CRITICAL DEPLETION

Your cellular batteries are in emergency mode. This is NOT permanent, but it requires action **TODAY**.

READ THIS CAREFULLY: Your mitochondria have degraded to the point where basic tasks drain you completely. This affects energy, brain function, and aging. **The good news? Even severe damage is reversible.**

THE ROOT CAUSE

What's Happening

You're running at maximum RPMs with no recovery. Your cellular repair window (10pm-2am) is chronically blocked, causing rapid aging and fatigue.

Your Chronotype: DOLPHIN

Sensitive sleepers with hyperactive nervous systems. You struggle to turn off your brain. You need specific protocols to force relaxation.

The Solution

An aggressive 3-day reset to stop the damage, followed by a 21-day rebuilding phase.

EMERGENCY 3-DAY PROTOCOL

DAY 1 (START TONIGHT)

- ✓ **NO caffeine** today (trust me)
- ✓ Breakfast: Protein + Fat only (no carbs)
- ✓ Magnesium: 400mg before bed
- ✓ Lights off by 10:00pm STRICTLY

DAYS 2 & 3

- ✓ Repeat Day 1 protocol EXACTLY
- ✓ Eliminate ALL seed oils (check labels)
- ✓ 15-min slow walk morning & evening

TIMELINE: WHAT TO EXPECT

Days 1-2

May feel harder (caffeine withdrawal). Push through.

Day 3

First real improvement in sleep depth.

Day 14

Feel like a new person. Fog lifts completely.

You Need The Full Protocol

This 3-day reset helps, but your depletion is severe. You need the complete system to reverse biological aging and rebuild energy permanently.

Get The Vitality Code →

WHY THIS WORKS: THE SCIENCE

Your body isn't random. It follows precise molecular mechanisms discovered by Nobel laureates Hall, Rosbash, and Young.

The Key Discovery

Your body has internal molecular clocks in every cell. These aren't just for sleep—they control almost every vital function.

 **Energy Production** (Mitochondria activity)

 **Cellular Repair** (Autophagy/Cleanup)

 **Hormones** (Cortisol, Melatonin)

 **Metabolism** (Fat burning vs Storage)



THE PROBLEM: "SOCIAL JETLAG"

When you live 2-3 hours off your natural rhythm (e.g., late weekends), your cells think they are in the wrong timezone.

- ↑ **Inflammation increases 300%**
- ⊘ **Melatonin production blocked**
- 🔋 **Mitochondrial batteries degrade**

THE 3 ALIGNMENT FACTORS



1. Sleep Timing

Target the peak repair window:
10pm - 2am



2. Eating Timing

12-hour window aligned with daylight.
Gut rest = Repair



3. Light Exposure

Morning sun to reset clock.
Evening dark to sleep

INFLAMMATION
DROPS



CELL REPAIR
ACTIVATES



BIO-AGING
REVERSES

"This is not a fad. This is Nobel Prize-winning biology applied to your life."

REAL PEOPLE. REAL RESULTS.

"My cellular energy score was 18/50. Three weeks later: 41/50. I honestly didn't believe I could feel this good again."

MT

Michael T., 47

Tech Executive

RESULT Drained Energy → Optimal in 21 days

"I lost 22 pounds without trying. I just changed WHEN I ate, not what. The inflammation just melted off my body."

JR

Jennifer R., 39

Working Mom of 3

RESULT Depleted Energy → Clothes 2 sizes smaller

"Reversed pre-diabetes in 3 months. My doctor looked at my charts and said 'Whatever you're doing, don't stop.'"

RK

Robert K., 52

Accountant

RESULT A1C: 6.2 → 5.4 in 90 days

"People actually ask if I got work done. The puffiness in my face is gone. I look 10 years younger."

LM

Lisa M., 44

Nurse

RESULT Critical Energy → "Unrecognizable transformation"

YOUR ROADMAP FORWARD

You have your diagnosis. Now choose your path.

✓ Your Chronotype ✓ Energy Score ✓ 3-Day Reset Plan

OPTION 1: DIY APPROACH

The slow, hard way

- 🔍 Research circadian science on your own
- 🧪 Trial-and-error your way to better energy
- ? Guess which foods trigger your inflammation

TIMELINE

6-12 Months

COST

Time + Frustration

RECOMMENDED

OPTION 2: THE PROTOCOL

The proven, fast way

- ✅ Step-by-step 21-day system
- ⚡ Week 1-3 structure (Sleep → Metabolism → Lock)
- 🛡️ Guaranteed biological age reversal

TIMELINE

21 Days

INSIDE THE VITALITY CODE

LIFETIME ACCESS

- ✓ Complete 21-Day Protocol Guide
- ✓ Daily Checklists (Printable)
- ✓ Meal Timing by Chronotype
- ✓ Exercise Timing Framework
- ✓ Sleep Optimization System
- ✓ Supplement Timing Guide
- ✓ Troubleshooting Guide
- ✓ Digital & Mobile Friendly

Ready for the complete system?

Your cellular health is declining every day you wait. Stop guessing and start fixing.

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Not ready? Start with your 3-day reset tonight.

ONE LAST THING...

You took this assessment for a reason.

Maybe it's your energy. Maybe it's your sleep. Maybe it's how you look in the mirror.

Whatever brought you here — **your body is sending you signals.**

Listen to them.



Your 3-day reset is a great start. It will help. You'll feel the difference.

But if you want **PERMANENT change...**

If you want to reverse 10-15 years of biological aging...

If you want energy that lasts all day, every day...

THE CHOICE IS YOURS



Try the 3-day reset tonight

See the results yourself. Decide later.

OR



Skip ahead to the full protocol

Start tonight. Transform in 21 days.

Either way, **START**. Your cellular health is declining every day you delay.

The Vitality Code

[Get The Vitality Code →](#)

Rooting for you,

The Vitality Code Team

P.S. — If you complete the 3-day reset and see results, reply to my welcome email. I read every response and would love to hear about your experience.

■ IMPORTANT: What You Just Completed

This 3-day reset is a PROOF OF CONCEPT.

It works. You'll feel it.

But here's the biology:

3 DAYS = You feel the difference (temporary relief)

21 DAYS = **Your cells LOCK IT IN permanently**

Why?

Week 1 (Days 1-7): Sleep architecture repairs

Week 2 (Days 8-14): Metabolism shifts to fat-burning

Week 3 (Days 15-21): Cellular resilience locks in

Without Week 2-3, you'll lose the gains within 5-7 days.

Think of this 3-day reset as a demo.

The full protocol = permanent transformation.

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