

Vela Weekly PCOS Reset

Week of _____

A calm weekly review for symptoms, cravings, meals, movement, sleep, cycle context, and one realistic next step.

1. BODY SIGNALS

Symptoms + cycle

- Energy
- Cravings
- Bloating
- Skin/acne
- Mood/stress
- Sleep

Cycle or period notes:

2. FOOD CONTEXT

Meals + cravings

Meals that held up:

Cravings showed up when:

3. ROUTINES

Movement + sleep

- Walk
- Strength
- Stretch
- Rest

Sleep average / notes:

4. PATTERNS

What repeated?

Repeated symptoms, timing, or situations:

Use this gently.

One rough day can be noise. Repeating patterns are more useful. This is educational and not medical advice.

TURN NOTES INTO ACTION

Choose one next step

The reset is not about fixing everything. Pick one small adjustment that feels realistic enough to repeat.

5. WHAT HELPED

Keep this

6. WHAT GOT HARD

Watch this

7. One gentle adjustment for next week

Examples: add protein to breakfast, plan two walks, prep one easy meal, set a bedtime reminder, or bring a symptom pattern to a clinician.

My one adjustment:

Download Vela

Turn daily check-ins into clearer patterns and calmer next steps.

kinorae.com/vela/

PCOS and insulin resistance support for real daily life.

Vela is a self-management tool. It does not diagnose, treat, or replace a licensed clinician.