

— METABOLIC HEALTH SCORECARD

IMPROVE YOUR BLOOD PANELS SCORECARD

A clear way to read your key blood markers. Learn the daily habits that move them. Build one simple next step before guessing becomes the plan.

SIMPLE**LABS + DAILY HABITS****MARKERS INSIDE**

A1C	Fasting glucose
Blood pressure	Triglycerides
Cholesterol	Waist & weight

**IMPORTANT**

This is not medical advice. It does not diagnose, treat, or replace professional care.

— STRUCTURE BEATS GUESSING

WHAT THIS SCORECARD IS

This scorecard helps you read your key blood markers and the habits that move them. It cuts confusion. It makes your next action obvious.



BUILT FOR

- Men whose labs are trending the wrong way.
- Men told to watch their numbers.
- Men who want structure that fits a busy life.
- Men who want to lower risk before medication is the default.



NOT BUILT FOR

- Diagnosis or medical treatment.
- Replacing your physician.
- A quick fix or a perfection test.
- Ignoring symptoms, medication, or doctor guidance.



HOW TO USE IT

- 1 Review the blood markers on the next pages.
- 2 Find the numbers out of range or trending poorly.
- 3 Read the habits that move those markers.
- 4 Run the 3-Day Reset Protocol later in this guide.

WHAT SUCCESS LOOKS LIKE



CLARITY

You know which markers need attention and why.



CONTROL

You know which daily habits move the trend.



DIRECTION

You have a simple reset instead of another restart.

— BLOOD SUGAR CONTROL

DIABETES RISK

Use these markers to read baseline blood sugar control. See how daily structure moves the trend.



A1C

3-MONTH BLOOD SUGAR AVERAGE



WHY IT MATTERS

A1C reflects your average blood sugar over time. Higher levels raise diabetes risk.

TARGET

5.7% or below

WHAT IMPROVES IT

- Protein-first meals
- Walking after meals
- Consistent sleep
- Fewer sugary drinks



FASTING GLUCOSE

MORNING BASELINE BLOOD SUGAR



WHY IT MATTERS

This shows baseline blood sugar control. It often changes before A1C does.

TARGET

70-99 mg/dL

WHAT IMPROVES IT

- Earlier evening meals
- Consistent sleep
- Less night alcohol
- Daily movement

CARDIO-METABOLIC RISK

BLOOD PRESSURE & TRIGLYCERIDES

These markers show cardiovascular and metabolic strain. Track the trend. Discuss concerning values with your physician.



BLOOD PRESSURE

FORCE ON YOUR ARTERIES



WHY IT MATTERS

Blood pressure is a key marker of heart risk. Higher readings are linked to heart disease and stroke.

- WHAT IMPROVES IT**
- Daily movement
 - Downward weight trend
 - Fewer processed foods
 - Less alcohol

TARGET

<120/80 mmHg



TRIGLYCERIDES

FAT CIRCULATING IN YOUR BLOOD



WHY IT MATTERS

High triglycerides are linked to insulin resistance and excess liver fat. They raise fatty liver risk.

- WHAT IMPROVES IT**
- Less sugar and refined carbs
 - Less alcohol
 - Downward weight trend
 - More daily activity

TARGET

<150 mg/dL

— READ THE PARTS FIRST

CHOLESTEROL

One number does not tell the story. Read LDL, HDL, and total together. The parts matter more than the total.



LDL
L FOR LOUSY

TARGET
Under 100



WHY IT MATTERS

LDL carries cholesterol into your artery walls. That buildup is what clogs the pipes over time.

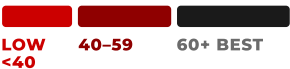
WHAT IMPROVES IT

- Less processed food
- More fiber — vegetables, beans, oats



HDL
H FOR HELPFUL

TARGET
Above 40



WHY IT MATTERS

HDL works like a cleanup crew. It picks up extra cholesterol and carries it back to your liver to get rid of it.

WHAT IMPROVES IT

- Exercise
- Losing extra weight
- Quitting smoking



TOTAL
READ PARTS FIRST

TARGET
Under 200



WHY IT MATTERS

Total is LDL plus HDL plus a piece of your triglycerides. A guy at 195 can still be in trouble with high LDL and low HDL.

WHAT IMPROVES IT

- Same habits as LDL and HDL
- Read the parts, then act on the one that is off

— WATCH THE TREND

BODY WEIGHT FEEDBACK

Body weight is not the only marker. Trends in waist and weight often explain what is happening with your blood sugar and pressure.



WAIST

A READ ON BELLY
FAT



WHAT TO KNOW

- Risk rises above 40 inches for most men.
- Use the same tape and the same spot.
- Track the trend, not one reading.

WHY IT MATTERS

Waist size is a simple read on belly fat. That fat drives insulin resistance and higher blood sugar.

WHAT IMPROVES IT

- Controlled intake
- More daily movement
- Enough protein
- Time and consistency



WEIGHT TREND

THE 7-DAY
AVERAGE



WHAT TO KNOW

- Ignore the daily ups and downs.
- Watch the 7-day average.
- Check the monthly direction.

WHY IT MATTERS

Losing extra body fat improves many markers at once. It lowers your long-term disease risk.

WHAT IMPROVES IT

- Consistent intake
- Simple routines
- No restart every busy week
- A slow downward trend

— CLEAR RULES, CLEAR FEEDBACK

3-DAY RESET PROTOCOL

Use this short reset to build structure around movement, water, and meals. The goal is reliable feedback, not a harder life.

+3,000

STEPS ABOVE BASELINE

45 oz

WATER BEFORE NOON

3 Days

TRACK THE TREND



MOVEMENT MENU

- 10 to 15 minute walk after meals.
- One longer walk in the morning or evening.
- Take phone calls walking.
- Short walks between meetings.
- Park farther away.



HYDRATION RULES

- At least 45 oz before noon.
- At least 45 oz before bed.
- Plain water is best.
- Electrolytes only if already part of your routine.
- Do not replace meals with fluids.



3-DAY TRACKER

WEIGHT WATER STEPS ENERGY HUNGER

Day 1

Day 2

Day 3

— PROTEIN FIRST, DECISIONS SECOND

PROTEIN-FIRST MEALS

For the next 3 days, start each meal with protein. Build repeatable meals that cut decision fatigue and keep intake steady.

BUILD EVERY MEAL LIKE THIS

- 1 Start with a clear protein portion.
- 2 Add vegetables for volume and fullness.
- 3 Include a moderate amount of carbs.
- 4 Use low or no calorie seasonings and sauces.



BREAKFAST OPTION 1

Power Omelet. 4 eggs, 2 handfuls spinach, 1 whole pepper, 1 whole tomato, and low or no calorie seasoning.

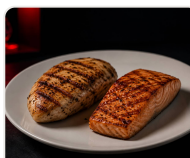


BREAKFAST OPTION 2

Power Shake. 30 to 40 grams protein powder, 1 cup low calorie milk, water to fill, and optional berries.



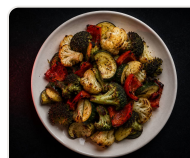
LUNCH & DINNER TEMPLATE



PROTEIN

6-7 oz

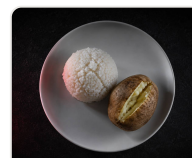
Palm-sized.
Chicken,
turkey, fish,
tofu, or
Greek
yogurt.



VEGETABLES

3-4 cups

Cooked is
best.
Broccoli,
peppers,
zucchini,
cauliflower.



CARBS

1 cup

Baseball-
sized.
Potato, rice,
beans,
quinoa, or
fruit.

AVOID FOR 72 HOURS

- Sugary snacks and desserts.
- Alcohol and liquid calories.
- Mindless carbs and grazing.

MEAL TIMING

- ⌚ First meal before 10 AM if you can.
- ⌚ Second meal between 12 and 2 PM.
- ⌚ Third meal between 6 and 8 PM.
- ⌚ Optional snack only if needed.

— ONE NEXT STEP

BOOK YOUR CALL

If your labs are trending the wrong way, you do not have to guess. Book a call and we map out your next steps. This is not medical advice. It does not replace your doctor.



COACHING PROGRAM

THE CALL TO RISE

The 100-day coaching program for men over 40. You get a simple plan for nutrition, training, and the daily habits that move your health markers. You do it with a coach and a group of men on the same path.

WHAT YOU GET

- ✓ A clear plan built around your labs.
- ✓ Coaching that fits a busy schedule.
- ✓ A group of men on the same path.



BOOK YOUR CALL AT

WWW.THECALLTORISE.COM

GET TO KNOW ME

DRIVEN FOR HEALTH

A podcast for career-driven men in their 40s and 50s who feel stuck with weight gain and low energy. Coach Brian Parana breaks down simple science-backed steps for fat loss, strength, and nutrition that fit a busy schedule.

WHAT TO EXPECT

- 🎧 Short episodes you can play on a drive.
- 🎧 Real steps for fat loss and better labs.
- 🎧 Stories from men who took control.



LISTEN ON

APPLE · SPOTIFY

FINAL THOUGHT

The goal is not to be perfect for 3 days. The goal is to prove that when the system is clear, you can execute.

COACH BRIAN PARANA

BLOOD PANEL SCORECARD