



THE 90-DAY BACK PLAN

Twelve weeks in four-week blocks — what changes at week 4, what to add at week 8, and the two-minute weekly log that shows whether any of it is working. The guide for

- All twelve weeks, one page each
- Three phases with a single clear job apiece
- The printable two-minute weekly log
- The bad-week restart page

90 DAYS · 12 WEEKLY LOGS · 3 PHASES

READ THIS FIRST

This guide is educational content about food. It is not medical advice, not a diagnosis, and not a treatment for any condition. It does not replace medication, and nothing in it should cause you to stop or change a prescription.

INTERACTIONS THAT MATTER

- Turmeric and ginger can increase the effect of blood thinners such as warfarin. Culinary amounts are not supplement doses, but the interaction is real. Every affected formula in this guide is marked.
- Tart cherry juice carries a meaningful amount of natural sugar. If you manage diabetes, treat it as juice, not as medicine.
- Ginger can lower blood pressure slightly, which matters if you already take something that does the same.
- If you are pregnant, breastfeeding, or preparing for surgery, ask before adding concentrated turmeric of any kind.

WHEN TO STOP READING AND CALL A DOCTOR

- Numbness in the saddle area — between the legs, or around the back passage.
- Any change in bladder or bowel control.
- Weakness in a leg or foot, or a foot that drags.
- Pain that began after a fall, a crash or a significant impact.
- Unexplained weight loss, night sweats or fever alongside back pain.
- Pain that is significantly worse at night and does not ease with position.

None of those are a stiff morning, and none of them are a job for a recipe. Some of them are an emergency — the guide names which.

WHAT IS IN HERE

Three phases

Establish, consolidate, maintain.

Twelve weeks

One page each: add, drop, keep, review.

The weekly log

Five questions, two minutes, twelve copies.

The bad-week page

Written before you need it.

Day 91

What maintenance actually looks like.

THREE PHASES



WEEKS 1-4 · ESTABLISH

One new habit a week, nothing removed. The goal is that four things happen without thinking, not that everything happens at once.

WEEKS 5-8 · CONSOLIDATE

Batch cooking enters, daily tracking leaves. This is where the week starts running itself.

WEEKS 9-12 · MAINTAIN

Movement, rotation, and the rehearsal for the bad week that will eventually arrive.

WEEK 1

Establish phase — Add the evening formula. Change nothing else.

FORMULA FACTS		Establish
Week 1		
AMOUNT PER SERVING		
Add		No. 07 nightly
Drop		Nothing yet
Keep		Everything from last week
Review		Nights woken

If a week does not happen, it does not roll over. Start the next one on time — that rule is the whole difference between twelve weeks and three.

▲ If pain increases through a phase, that is a reason to see a doctor, not to push on.

WEEK 2

Establish phase — Add the wake-up glass and the hydration ladder.

FORMULA FACTS		Establish
Week 2		
AMOUNT PER SERVING		
Add	No. 01 and No. 09	
Drop	Nothing	
Keep	Everything from last week	
Review	Water before midday	

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WEEK 3

Establish phase — Move breakfast to something already made.

FORMULA FACTS		Establish
Week 3		
AMOUNT PER SERVING		
Add	No. 02 overnight	
Drop	Cereal	
Keep	Everything from last week	
Review	How the first hour feels	

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WEEK 4

Establish phase — First review. Four weeks of log, one honest read.

FORMULA FACTS		Establish
Week 4		
AMOUNT PER SERVING		
Add	Nothing new	
Drop	Anything you dread	
Keep	Everything from last week	
Review	Review weeks 1–4	

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WEEK 5

Consolidate phase — Add the Sunday prep hour and the seed mix.

FORMULA FACTS		Consolidate
Week 5		
AMOUNT PER SERVING		
Add	No. 41	
Drop	Weekday decisions	
Keep	Everything from last week	
Review	Meals not decided at 6 p.m.	

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WEEK 6

Consolidate phase — Oily fish twice this week. The plateau test is this week.

FORMULA FACTS		Consolidate
Week 6		
AMOUNT PER SERVING		
Add		Fish twice
Drop		One item from the never list
Keep		Everything from last week
Review		Plateau test, page 47

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WEEK 7

Consolidate phase — Fix the working day — the desk jar and standing at lunch.

FORMULA FACTS		Consolidate
Week 7		
AMOUNT PER SERVING		
Add	No. 19	
Drop	Lunch at the desk	
Keep	Everything from last week	
Review	Hour the ache starts	

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WEEK 8

Consolidate phase — Two batch formulas. Stop daily tracking, go weekly.

FORMULA FACTS		Consolidate
Week 8		
AMOUNT PER SERVING		
Add	No. 14 and a batch soup	
Drop	Daily logging	
Keep	Everything from last week	
Review	Review weeks 5–8	

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WEEK 9

Maintain phase — Walking, ten minutes, most days.

FORMULA FACTS		Maintain
Week 9		
AMOUNT PER SERVING		
Add	No. 33 after long sitting	
Drop	Nothing	
Keep	Everything from last week	
Review	Soreness after sitting	

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WEEK 10

Maintain phase — Rotate the week so it does not get dull.

FORMULA FACTS		Maintain
Week 10		
AMOUNT PER SERVING		
Add	Three new formulas	
Drop	Anything you never liked	
Keep	Everything from last week	
Review	Weekly log	

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WEEK 11

Maintain phase — The bad-week rehearsal — plan it before you need it.

FORMULA FACTS		Maintain
Week 11		
AMOUNT PER SERVING		
Add		Freezer stock
Drop		Nothing
Keep		Everything from last week
Review		Weekly log

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WEEK 12

Maintain phase — Full review, then the day-91 page.

FORMULA FACTS		Maintain
Week 12		
AMOUNT PER SERVING		
Add	Nothing new	
Drop	Everything optional	
Keep	Everything from last week	
Review	Review weeks 1-12	

If a week does not happen, it does not roll over. Start the next one on time — that rule is the whole difference between twelve weeks and three.

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PLATEAU OR FAILURE

At week six, people who are not sure whether anything is working tend to quit. This is how to tell the difference without guessing.

- Read weeks 1 and 5 in the log side by side, not from memory. Memory is useless here.
- A plateau: the numbers improved and then stopped moving. That is normal, and week 8 adds to it.
- A failure: the numbers never moved at all across five weeks of consistent weeks.
- Consistency check first — if the evening formula happened three nights out of seven, that is not a failed plan, it is an unfinished one.
- If it genuinely never moved, the profile guide is the next step, not more of the same.

THE WEEKLY LOG



Five questions, two minutes, once a week. Print twelve copies.

- Minutes from waking until your hands work normally.
- Number of days this week with a good afternoon.
- Did the evening formula happen? How many nights out of seven.
- Anything that clearly made it worse.
- One sentence: how this week compared to last.

THE BAD WEEK

It will happen — a holiday, an illness, a fortnight of work that eats everything. This page is written now so you are not deciding anything then.

- Do the evening formula and nothing else. That is the whole minimum.
- Eat from the freezer. That is what it is for.
- Do not restart the twelve weeks. Continue from the week you were on.
- One bad week is one bad week. Only skipping the restart makes it a quarter.

DAY 91

Most people keep three things and drop the rest: the evening formula, the Sunday hour, and oily fish twice a week. Everything else was scaffolding — useful while it was needed, and no loss when it goes.

BEFORE YOU GO

One change at a time. The most common way this fails is doing all of it in week one and none of it in week three. Pick the single formula that fits your evening and make it until you stop thinking about it — then add the next.

YOUR REFUND, PLAINLY

Sixty days, no questions, no form. Email accesssupport.ai@gmail.com and it is done. You keep the guide.

LEGAL

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