

Understanding SPARK

The Why Behind Everything You're Doing

A companion guide to the RESET 3·2·1™ framework

Catherine Raleigh

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Understanding SPARK™ — *The why behind everything you're doing*

First Edition

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Every effort has been made to ensure the accuracy of the information contained within this publication at the time of printing. As SPARK™ continues to evolve, some features and functionality may change in future editions.

For every woman who has ever looked in the mirror and wondered where she went.

She was never lost.

She was simply waiting to be understood.

May this guide help you reconnect with yourself, one choice, one day and one small step at a time.

This Guide Is Different

Most user guides explain software.

This one explains a way of thinking.

SPARK™ isn't simply a place to record meals, movement or measurements.

It's a place to notice.

To reflect.

To understand.

To remember.

As you work through these pages, you won't find endless technical instructions or lengthy explanations for every feature.

Instead, you'll discover the thinking behind SPARK, why each section exists, and how every feature contributes to something much bigger: understanding yourself.

This guide has been written to help you use SPARK confidently from your very first day.

It introduces the purpose behind each feature, explains how the different sections work together, and helps you build habits that support lasting change.

Whenever you want to explore the science, psychology and behavioural principles in greater depth, the complete RESET 3·2·1™ Programme takes you much further.

There you'll discover the research, practical strategies and understanding behind everything introduced here.

As SPARK continues to evolve, new features will be added, existing ones refined and new ways of understanding your health will emerge.

The philosophy, however, will remain the same.

Because technology changes.

People don't.

And every meaningful journey still begins with a single step.

Welcome to SPARK™.

Welcome to SPARK™

Whether you've joined through the complete RESET 3·2·1™ Programme or you're beginning your journey with SPARK as a standalone tool, welcome.

Every health journey begins with a decision.

Not necessarily a dramatic one.

Sometimes it's simply the quiet moment when you decide something needs to change.

Perhaps you've reached a stage in life where your body no longer responds as it once did.

Perhaps you're tired of starting over.

Perhaps you're simply curious about yourself and want to understand your health a little better.

Whatever brought you here, SPARK was created with you in mind.

At first glance, SPARK may look like a tracking app.

You'll find places to record your meals, movement, sleep, symptoms, goals and many other aspects of your daily life.

But that's only part of the story.

SPARK wasn't designed simply to collect information.

It was designed to help you understand yourself.

Every meal you record.

Every walk you take.

Every night's sleep.

Every symptom.

Every journal entry.

Every pause.

Every goal.

Each one becomes part of a bigger picture.

Because lasting change rarely comes from one perfect day.

It comes from recognising the patterns that quietly shape our lives.

Over time, SPARK helps you build something remarkably valuable.

A personal health memory.

One that grows alongside you.

One that allows you to look back with confidence rather than relying on imperfect recollection.

One that helps you notice progress that might otherwise go unseen.

Most importantly, SPARK does this without judgement.

There are no perfect days.

No perfect weeks.

No perfect people.

Some days you'll achieve everything you hoped for.

Other days life will have different plans.

Both are part of your story.

Both deserve to be remembered.

Throughout this guide you'll discover how each part of SPARK contributes to that story, and how the complete RESET 3·2·1™ Programme provides the deeper understanding behind the principles you'll encounter along the way.

By the time you reach the final page, our hope is that you'll see SPARK differently.

Not simply as an app.

But as a companion.

One that quietly helps you understand where you've been, appreciate how far you've come, and make more informed choices about where you're going next.

Welcome to SPARK™.

Let's begin.

Chapter 1

Awareness Changes Everything

Awareness is the beginning of every lasting change.

Before you begin recording your first meal, completing your first overnight fast or setting your first goal, it's worth taking a moment to understand what SPARK was designed to do.

Many health apps focus on numbers.

Calories.

Steps.

Weight.

Targets.

Achievements.

While those things can be useful, numbers alone rarely tell the whole story.

SPARK takes a different approach.

Rather than asking, "Did you have a perfect day?" it asks a far more useful question:

"What can today teach you about yourself?"

That simple question sits at the heart of everything you'll find inside SPARK.

Every feature has been designed with one purpose: to help you become more aware of the habits, patterns and choices that shape your health over time.

Some days those patterns will encourage you.

Other days they may surprise you.

Neither response is right or wrong.

They're simply opportunities to learn.

Because awareness always comes before change.

SPARK and RESET 3·2·1™

Although they work beautifully together, SPARK and RESET each have a different role.

- RESET teaches you the science, psychology and practical strategies behind lasting transformation.
- SPARK helps you put those principles into practice every single day.

RESET helps you understand why.

SPARK helps you notice how those principles are showing up in your own life.

One teaches.

The other remembers.

Together they become something far more powerful than either could achieve alone.

Your Journey Begins with Honesty

One of the most important things you can bring to SPARK isn't motivation.

It isn't discipline.

It isn't willpower.

It's honesty.

Honest logging creates honest insights.

If you miss a walk, reflect on why, and make a note.

If you enjoyed dessert, record it.

If you had a difficult day, record it.

SPARK isn't keeping score to judge you.

It's collecting information to help you understand yourself.

Every entry is valuable because every entry contributes to your story.

SPARK Remembers... *You don't need perfect days. You need honest ones.*

Before You Start

Before you begin tracking your first day, take a few minutes to personalise SPARK.

The first thing you'll need to do is visit Settings.

This is where you'll enter your personal details and calculate your Total Daily Energy Expenditure (TDEE), daily fat allowance, and daily protein target.

This step is essential.

Without it, SPARK cannot calculate your daily scores accurately and will use temporary placeholder values instead.

Although RESET doesn't ask you to count calories, your TDEE provides the foundation that allows SPARK to personalise your daily targets specifically for you.

The complete RESET 3·2·1™ Programme explains why this matters and how these figures are used behind the scenes.

Once your settings are complete, you're ready to begin.

One meal. One choice. One day at a time.

Continue Your Learning

The complete RESET 3·2·1™ Programme introduces the philosophy behind awareness, behaviour change and the RESET framework in much greater depth, helping you understand not only what to do, but why it works.

Chapter 2

Starting with the Daily Page

Every day tells a story. SPARK simply helps you remember it.

The Daily Page is where your journey with SPARK truly begins.

It isn't simply a place to record what you've eaten.

It's where awareness is built.

Each time you open the Daily Page you're creating another page in your personal health story.

Some days will feel easy.

Others may be more challenging.

Both matter.

Because both teach you something.

The goal isn't to achieve a perfect score every day.

The goal is to understand the habits that shape your health over time.

The RESET 3·2·1™ Framework

At the heart of the Daily Page is the RESET 3·2·1™ framework.

Three meals. Two planned snacks. One overnight fast.

Simple. Practical. Flexible.

Rather than asking you to constantly think about food, the framework provides gentle structure to your day while allowing enough flexibility to fit around real life.

Behind the scenes, this rhythm is really about two characters you'll come to know well: Barry and Larry.

You don't need to understand the science to benefit from it.

You simply need to follow the rhythm, and let SPARK do the rest.

The complete RESET 3·2·1™ Programme introduces Barry and Larry properly, and explains exactly what they're doing while you go about your day.

SPARK helps you follow that framework, records your progress and calculates your daily score automatically.

Your Meals

You'll record: Breakfast, Morning Snack, Lunch, Afternoon Snack, Dinner.

Each meal contributes towards your daily score based on the RESET 3·2·1™ framework.

As you log your meals, SPARK quietly builds a picture of your eating habits.

Not simply what you eat.

But when you eat.

How consistently you eat.

How those choices relate to your movement, mood, energy and symptoms.

Over time, those small pieces of information become remarkably valuable.

Why Fat Matters

One of the first things you'll notice is that SPARK asks you to record the fat content of your meals.

For many people, this feels unfamiliar.

Most tracking apps focus primarily on calories.

RESET takes a different approach.

Within the RESET framework, understanding dietary fat provides a practical way of encouraging food choices that naturally support better energy balance without requiring constant calorie counting.

Your daily fat allowance is personalised using the information you entered during setup.

SPARK then uses that allowance to calculate your meal scores automatically.

If you're curious about why RESET uses this approach, the complete RESET 3·2·1™ Programme explores the science in much greater detail.

Protein Matters Too

Alongside fat awareness, SPARK also helps you keep track of your daily protein intake.

This isn't about achieving perfection.

It's about helping you become more aware.

Protein plays an important role in supporting muscle, particularly during midlife when maintaining lean muscle becomes increasingly important.

Many women are surprised to discover they're eating far less protein than they thought.

By recording it consistently, SPARK helps you build awareness and make informed choices over time.

Last Night's Sleep

Every day begins before breakfast.

How you slept can influence almost everything that follows.

Energy. Mood. Food choices. Cravings. Motivation.

Recording your sleep allows you to recognise patterns that might otherwise go unnoticed.

Perhaps poorer sleep regularly leads to lower energy.

Perhaps better sleep coincides with higher scores.

SPARK doesn't make assumptions.

It simply helps you notice.

Mood and Energy

Not everything worth recording can be measured on a scale or counted in grams.

How you feel matters too.

Some days you'll feel steady, capable, motivated.

Other days everything will feel harder than it should.

Both are worth noting, exactly as they are.

Recording your mood and energy isn't about explaining why you feel a certain way.

It's simply about noticing that you do.

Over time, this becomes some of the most revealing information SPARK holds.

Not because a single low day means anything on its own.

Because a pattern, seen across weeks, often does.

Cravings

A craving can feel like it arrives from nowhere.

Rarely does it.

Something usually comes before it. Poor sleep. A stressful afternoon. A long gap since your last meal. A quiet evening alone.

Recording a craving, rather than only recording what you eventually ate, gives you something to look back on.

Not judgement.

A clue.

Over time, the clues start to form a shape.

And once you can see the shape, the craving itself tends to feel a little less powerful than it did before.

Water

Water rarely gets much credit.

It doesn't score highly for excitement, and it's easy to assume it looks after itself.

It doesn't always.

Thirst and hunger can feel remarkably similar, and it's easy to mistake one for the other, especially later in the day.

Recording your water intake is one of the simplest habits SPARK asks of you.

It's also one that quietly supports almost everything else on this page.

Energy. Fullness. Mood. Clarity.

Small and steady, repeated daily, tends to matter more than people expect.

Overnight Fasting

One of the key principles of RESET is completing a simple overnight fast.

For most people, this means allowing approximately twelve hours between their evening meal and breakfast the following morning.

This isn't about deprivation.

It's simply about giving your body a consistent overnight break from eating.

SPARK records your fasting window automatically as part of your daily routine.

Consistency matters far more than perfection.

Extended Fasting

Some people may choose to experiment with longer fasting windows.

Others may never wish to.

That's entirely your choice.

SPARK allows you to record extended fasting if appropriate for your own circumstances, but it is always optional.

The RESET Programme explains when longer fasting may or may not be appropriate and why it isn't necessary for everyone.

Movement

Movement isn't punishment.

It isn't something you earn because of what you've eaten.

It's one of the healthiest gifts you can give your body.

Whether it's walking the dog, gardening, swimming, strength training, dancing in the kitchen, or a brisk ten-minute walk.

It all counts.

SPARK rewards movement because movement supports health.

Not because you're trying to "burn off" food.

Resistance Training

As we move through midlife, preserving muscle becomes increasingly important.

Strength helps support posture, mobility, balance, metabolism, independence.

That's why SPARK includes a separate resistance training bonus.

Even small, regular sessions contribute to your long-term health.

Deductions

Life isn't always straightforward.

Sometimes there are choices we'd like to make differently.

SPARK includes deductions to help reflect those moments within your overall score.

They're not there to make you feel guilty.

They're simply another piece of information.

Remember, information is never failure. It's feedback.

Thirty Plants a Week

Towards the bottom of the Daily Page you'll find one final feature.

Your 30 Plants tracker.

Rather than focusing on restriction, this encourages variety.

Different vegetables, fruits, beans, lentils, nuts, seeds, herbs, spices, wholegrains.

Every different plant contributes towards your weekly total.

Over time, many people discover they're eating a far more varied diet than ever before.

Small changes. Repeated consistently. Can make a remarkable difference.

Food Guide — Your Quick Reference Library

The Food Guide provides practical information to support your daily decisions.

It includes helpful references such as fat content information, protein guidance, food comparisons, and common foods and choices.

The purpose is not to create fear around food.

It is to make information easier to access when you need it.

SPARK Remembers... *Awareness isn't built in one day. It's built one honest day at a time.*

Continue Your Learning

The complete RESET 3·2·1™ Programme explores the science behind fat awareness, protein, overnight fasting, movement and why these simple daily behaviours can become the foundation of lasting change.

Chapter 3

Seeing the Bigger Picture

One day shows a moment. One week begins to reveal a pattern.

Individual days are useful.

Weeks are where the story begins to emerge.

One lower-scoring day tells us very little.

Life happens. Celebrations. Busy schedules. Family commitments. Unexpected challenges.

No single day defines your journey.

The Weekly Page helps you step back and see the bigger picture.

Rather than asking, "How did I do today?" it asks, "What kind of week did I have?"

That small shift in perspective can change everything.

Your Weekly Score

Each week, SPARK combines your daily scores to produce an overall weekly total.

Your score falls within one of several progress bands.

These aren't labels.

They aren't judgements.

They're simply a way of helping you understand where you are today and where you might choose to focus next.

As your awareness grows, you'll often find that your scores improve naturally.

Not because you're chasing points.

Because your habits begin to change.

Consistency Matters More Than Perfection

Many people believe one perfect day is the key to success.

In reality, consistency almost always wins.

Seven reasonably good days usually outperform one perfect day followed by six difficult ones.

That's why the Weekly Page celebrates consistency.

Not perfection.

The aim isn't to achieve your highest-ever score.

It's to build habits you can continue long after your enthusiasm naturally comes and goes.

Weekly Bonuses

SPARK also recognises two habits that become especially powerful over time.

Consistently completing your overnight fasts.

And keeping active throughout the week.

These bonuses aren't designed to encourage competition.

They're gentle reminders that small habits, repeated regularly, often produce the greatest long-term results.

Your Daily Breakdown

One of the most useful features of the Weekly Page is the ability to look back at each day individually.

Expand any day and you'll see exactly how your score was built.

Meals. Movement. Bonuses. Adjustments.

Instead of simply seeing a number, you'll understand what created it.

Knowledge leads to confidence.

Confidence leads to consistency.

Your Streaks

Many people think a streak means never missing a day.

SPARK takes a broader view.

Logging Streak. Consistency Streak. Bounce-Back Power. Awareness Days.

Each recognises something slightly different.

Perhaps the most important is Bounce-Back Power.

Because life isn't about never slipping.

It's about how quickly we begin again.

Awareness Is Progress

One of the most encouraging discoveries many people make is this: simply tracking consistently often changes behaviour naturally.

Not because someone tells you what to do.

Because awareness quietly influences choice.

The act of noticing often becomes the beginning of change.

SPARK Remembers... *Progress isn't measured by your best day. It's measured by your willingness to keep showing up.*

Continue Your Learning

The complete RESET 3·2·1™ Programme explores habit formation, consistency and the psychology behind lasting behaviour change, helping you understand why small improvements often produce the biggest transformations over time.

Chapter 4

Discovering Patterns

Data becomes information. Information becomes understanding. Understanding changes everything.

Most health apps stop at recording information.

SPARK goes one step further.

It helps you see the connections.

One day of data tells you what happened.

Several weeks begin to show patterns.

Months begin to tell a story.

That story belongs to you.

Looking Beyond Individual Days

It's easy to become focused on today's score.

Today's meals. Today's exercise. Today's mood.

But health doesn't happen one day at a time.

It develops over weeks, months and years.

That's why SPARK includes powerful visual tools to help you step back and see your progress from a different perspective.

Sometimes the answers you're looking for aren't hidden.

They're simply spread across too many days to notice.

Your Monthly Progress

The Monthly Progress Chart allows you to see how your journey is unfolding over time.

Rather than relying on memory, you can look back and see how your scores have changed across weeks and months.

Progress is rarely a straight line.

There will be peaks. There will be plateaus. There may even be setbacks.

That's perfectly normal.

The important thing isn't whether every week was better than the last.

It's whether the overall direction is moving towards the healthier life you're creating.

Weight Isn't the Whole Story

Many people begin a health journey expecting the scales to tell them everything.

Unfortunately, they rarely do.

Weight naturally fluctuates.

Hydration. Hormones. Sleep. Stress. Time of day.

They can all influence what the scales show.

SPARK encourages you to look beyond weight alone.

That's why you'll also find Weight Progress, Inches Lost, Overall Day Ratings, and Morning Feeling.

Together, these paint a much richer picture than weight could ever provide on its own.

The Wellness Overlay

Perhaps the most unique feature within the Charts section is the Wellness Overlay.

This allows you to compare different areas of your health over time.

For example, you may choose to compare Sleep and Energy, Exercise and Mood, Stress and Cravings, Water Intake and Headaches, Movement and Motivation, or many other combinations.

The purpose isn't to prove that one thing caused another.

Life is rarely that simple.

Instead, it's about helping you recognise patterns that may otherwise have gone unnoticed.

Sometimes asking better questions is more valuable than rushing towards conclusions.

SPARK Remembers... *Patterns don't shout. They quietly reveal themselves over time.*

Your Symptoms

Hot flushes. Night sweats. The moments that arrive without warning and leave just as quickly.

It's easy to treat each one as a small, isolated inconvenience.

Something to notice, endure, and move past.

On their own, that's often exactly what they are.

But recorded consistently, over weeks rather than days, something else starts to happen.

A cluster in the evenings. A pattern around a particular kind of week. A quiet connection to how you slept the night before.

None of this is visible from a single symptom, remembered after the fact.

It only becomes visible once enough of them sit side by side.

And that's information worth having, not only for yourself, but for anyone helping you manage this stage of life.

Monthly Summaries

As each month comes to an end, SPARK brings your information together into a clear overview.

Instead of remembering isolated moments, you're able to reflect on the bigger picture.

What improved? What became more consistent? What challenges appeared? What lessons can you take into next month?

Reflection turns experience into learning.

The Activity Timeline

Alongside your charts you'll find one of SPARK's most powerful features.

The Activity Timeline.

This is your personal visual diary.

Rather than seeing isolated numbers, you'll see your days displayed in a timeline, allowing you to recognise how different aspects of your health interact with one another.

Within each 30-minute block you can record events such as meals, movement, symptoms, mood, energy, sleep, stress, hot flushes, water, life events, and anything else that's important to you.

Over time, the timeline becomes a remarkably detailed record of your daily life.

Not because every individual entry matters.

Because together they create context.

Context Changes Everything

Imagine noticing that your energy has been lower recently.

Looking only at today may not tell you very much.

Looking back across several weeks might reveal that your sleep became disrupted, stress increased, you experienced an illness, movement reduced — or perhaps none of those things changed at all.

The timeline doesn't provide answers.

It provides context.

That context helps you ask better questions.

SPARK Remembers... *Health isn't a collection of separate moments. It's one continuous story.*

Learning From Yourself

One of the greatest advantages of keeping records over time is that your own experience becomes one of your greatest teachers.

Rather than relying only on generic advice, you begin to understand what works for you.

Not what works for everyone else.

Your body. Your habits. Your life. Your story.

That's where meaningful change begins.

Continue Your Learning

The complete RESET 3·2·1™ Programme explores why recognising behavioural patterns is one of the most powerful tools for lasting change, helping you understand how awareness gradually becomes better decision-making.

Chapter 5

Training Your Mind

The strongest muscle you'll ever train isn't in your body. It's between your ears.

When people think about improving their health, they often focus on food.

Or exercise.

Sometimes weight.

Far fewer people think about the mind.

Yet every decision you make begins there.

The conversation you have with yourself.

The habits you've developed over many years.

The way you respond to stress.

The choices you make when life becomes difficult.

These are often far more influential than any single meal.

That's why SPARK includes features designed not only to support your body, but your mind as well.

The Brain

The Brain section is exactly what its name suggests.

A place to keep your brain active, curious and engaged.

You'll find a collection of activities designed to encourage learning, memory and mental stimulation.

Some are educational.

Some introduce the language of menopause, health and the RESET framework.

Others are simply enjoyable ways to challenge yourself.

Not every activity has to be serious.

Sometimes learning happens best when we're having fun.

Why Mental Stimulation Matters

Our brains thrive on being used.

Learning something new. Remembering. Recognising patterns. Solving simple challenges. Remaining curious.

These experiences help keep the mind engaged throughout life.

The Brain section isn't about testing intelligence.

It's about encouraging regular mental activity in an enjoyable, relaxed way.

Small moments of curiosity, repeated regularly, can become valuable habits too.

Learning Along the Way

As you explore The Brain you'll also discover interesting facts and explanations about midlife, menopause, nutrition, the RESET framework, and general health.

The aim isn't to overwhelm you with information.

It's to make learning enjoyable.

One interesting fact today. Another tomorrow.

Over time, understanding grows naturally.

SPARK Remembers... *A curious mind keeps growing.*

The PAUSE Tool

Sometimes the most important choice we make isn't what we do.

It's giving ourselves a moment before we do it.

That's why the PAUSE Tool exists.

Its purpose isn't to stop cravings.

Or eliminate difficult emotions.

Its purpose is much simpler.

To create a gap.

A small space between what you're feeling and what you choose to do next.

Sometimes that gap lasts only a few seconds.

Sometimes that's all we need.

Creating Space

Life moves quickly.

We react. We rush. We make decisions almost automatically.

The PAUSE Tool gently interrupts that process.

It invites you to slow down.

Take a breath.

Notice what you're feeling.

Without judgement.

Without criticism.

Just curiosity.

Naming Your Feelings

One of the simplest but most powerful parts of the PAUSE Tool is identifying your current emotion.

Not because emotions are problems.

Because recognising them helps us respond more thoughtfully.

You might notice you're stressed, frustrated, lonely, tired, bored, anxious, overwhelmed. Or perhaps simply hungry.

Naming a feeling doesn't make it disappear.

But it often changes the way we respond to it.

After the Pause

Once you've taken a moment, SPARK gently asks one final question.

Do you feel any different?

Sometimes the answer will be yes.

Sometimes it won't.

Both responses are perfectly acceptable.

The purpose isn't to force change.

It's to help you notice whether creating a small gap influenced the moment.

Awareness always comes first.

SPARK Remembers... *You don't always need a different answer. Sometimes you simply need a different moment.*

Your Mind Matters

Food choices begin in the mind.

Habits begin in the mind.

Confidence begins in the mind.

Lasting transformation begins there too.

The Brain and the PAUSE Tool remind us that improving our health isn't only about changing what we do.

It's also about understanding why we do it.

Continue Your Learning

The complete RESET 3·2·1™ Programme explores Positive Mental Attitude (PMA), behaviour change, habit formation, self-awareness and the psychology behind the PAUSE Tool in much greater depth, showing how small moments of awareness can gradually become lasting transformation.

Chapter 6

Your Body, Beyond the Scales

The scales tell part of the story. Your body tells the rest.

For many people, stepping on the scales has become the only way of measuring progress.

- The number goes down and we feel encouraged.
- The number stays the same and we wonder whether anything is changing at all.
- The number goes up and we often assume we've failed.

The reality is very different.

Our bodies are constantly changing in ways the scales simply cannot measure.

Fat loss. Muscle gain. Changes in body shape. Improved posture. Reduced bloating. Better energy. Greater confidence.

None of these are reflected by weight alone.

That's why SPARK encourages you to look beyond the scales and build a much more complete picture of your progress.

Your Starting Point

Before beginning any journey, it's helpful to know where you're starting from.

The Measurements page allows you to record your baseline measurements before you begin.

These include Weight, Chest, Waist, Hips, Upper Arms, Thighs, Calves, and Body Fat Percentage (if known).

These numbers aren't there to judge you.

They're simply a snapshot of today.

Months from now, you'll have something meaningful to compare against.

Without a starting point, progress is often much harder to recognise.

Progress Happens Gradually

One of the most encouraging parts of SPARK is watching your measurements evolve over time.

Every checkpoint becomes another milestone in your journey.

Rather than relying on memory, you'll have a clear record showing how your body has changed.

- Sometimes the tape measure moves when the scales don't.
- Sometimes body fat decreases while weight remains stable.
- Sometimes clothes fit differently long before anyone notices the scales changing.

Progress isn't always dramatic. Often it's wonderfully subtle.

Your Progress Tracking Table

SPARK automatically builds a progress table using each set of measurements you record. Instead of scattered notes or forgotten measurements, everything is stored together in one place.

As the months pass you'll be able to look back and see exactly how far you've come.

Not just what you've lost.

But what you've gained.

Confidence. Consistency. Awareness. Health.

Those are the changes that matter most.

The Quick Calculators

You'll also find several helpful calculators within the Body section, including a BMR and Daily Calorie Calculator, a BMI Calculator, and a Body Fat Calculator.

These tools are provided as useful reference points.

They are not designed to define you.

No single calculation can capture the complexity of your health.

Instead, they provide additional information that may help you understand your body more clearly.

Remember, a number is simply information. It is never your identity.

Progress Photos

One of the most powerful features within SPARK is often the simplest.

Your progress photos.

Many people avoid taking photographs at the beginning of their journey.

Some feel uncomfortable.

Others hope they'll never need to look at them again.

Ironically, those first photographs often become the most valuable.

Because they remind you where your journey began.

The Story the Mirror Doesn't Tell

We see ourselves every day.

Our brains become accustomed to tiny daily changes.

As a result, genuine progress can become almost invisible.

Photographs freeze a moment in time.

Weeks later. Months later. Perhaps a year later.

You can compare images side by side and notice changes that would otherwise have gone unseen.

Not simply physical changes.

Confidence. Posture. Expression. The way you carry yourself.

These often tell a far more meaningful story than body weight ever could.

Consistency Makes Comparison Easier

If possible, try to take your photographs in similar lighting, in similar clothing, in the same position, at regular intervals.

This isn't about creating perfect pictures.

It's simply about making comparisons more meaningful.

SPARK Remembers... *Your future self will be grateful that today's you pressed 'Save'.*

Continue Your Learning

The complete RESET 3·2·1™ Programme explores why body composition, muscle preservation and long-term health are far more important than weight alone, helping you understand why lasting transformation should never be measured by the scales alone.

Chapter 7

Supporting Your Health

Health is more than food and exercise. Sometimes the missing piece is simply remembering what happened.

Life doesn't happen in isolation.

Neither does health.

The way we feel today may have been influenced by something that happened last week.

Or last month.

Or perhaps much longer ago.

That's why SPARK includes a dedicated Health section.

Not to diagnose.

Not to interpret.

Simply to remember.

Because accurate information can become incredibly valuable when viewed over time.

Your Personal Health Record

Within the Health section you can keep a record of information that's important to you, including Blood Pressure, Resting Heart Rate, Fasting Blood Glucose, HRT Details, Medications, Supplements, Period Tracking, and Illness Tracking.

Each entry becomes another part of your personal health history.

Not because every individual reading matters.

Because together they provide context.

Vital Signs

If you routinely monitor your blood pressure, resting heart rate or fasting glucose, SPARK provides a convenient place to keep those records together.

These measurements are stored for your own reference only.

SPARK does not interpret them or provide medical advice.

If you have any concerns about your readings, always discuss them with your GP or healthcare professional.

HRT, Medication and Supplements

Treatment plans often change over time.

Doses are adjusted.

New medications begin.

Others stop.

Months later it can be surprisingly difficult to remember exactly when those changes occurred.

By recording them in SPARK, you create a timeline that may help you understand how different stages of treatment relate to your overall health journey.

Again, SPARK doesn't decide whether a medication is working.

It simply remembers when things changed.

Period Tracking

For many women, especially during perimenopause, menstrual cycles become increasingly unpredictable.

Recording your periods isn't only about keeping a calendar.

It creates valuable context.

Changes in mood, energy, sleep, symptoms, food cravings, hot flushes.

These experiences sometimes make much more sense when viewed alongside changes in your menstrual cycle.

Rather than relying on memory, you'll have an accurate record whenever you need it.

Illness Tracking

Most of us remember being ill.

Few of us remember exactly when.

Or how often.

The Illness Tracker allows you to record periods when you felt unwell — a cold, flu, a chest infection, COVID, a stomach bug, or something else entirely.

Over time this creates a health timeline that may become surprisingly useful.

Imagine being able to ask: "How many chest infections have I had during the past twelve months?" Or: "Did my energy change after I recovered from COVID?"

Without accurate records, those questions often rely on guesswork.

With SPARK, they're part of your story.

Why This Matters

As SPARK continues to evolve, the information you record today becomes increasingly valuable.

Not only for your own reflection.

But potentially as information you choose to share with healthcare professionals.

Instead of trying to remember months of symptoms during a ten-minute appointment, you'll have a detailed personal record available if you need it.

The decision to share that information will always remain yours.

SPARK simply helps you keep it.

SPARK Remembers... *The details we forget are often the details that matter most.*

Continue Your Learning

The complete RESET 3·2·1™ Programme explores the relationship between hormones, symptoms, behaviour and long-term health, helping you understand why context is often just as important as the symptoms themselves.

Chapter 8

Looking Forward

The life you're building tomorrow is shaped by the choices you make today.

It's easy to think of health as something we measure.

Weight. Blood pressure. Steps. Scores. Measurements.

While these things can all be useful, lasting transformation is rarely driven by numbers alone.

It is driven by purpose.

Knowing what you're moving towards.

Having something worth working for.

Believing that the future can be different from the past.

That's why SPARK includes a dedicated section focused not on what you've done, but on where you're going.

Goals Give Direction

Without a destination, it's difficult to know whether you're making progress.

Your goals don't have to be dramatic.

They don't have to involve reaching a particular weight or clothing size.

Sometimes the most meaningful goals are surprisingly simple.

Sleeping better. Walking more consistently. Feeling stronger. Reducing afternoon cravings. Having more energy to play with your grandchildren. Feeling confident enough to book a holiday.

Whatever matters to you is enough.

Because your journey belongs to you.

Looking Beyond Thirty Days

Many programmes focus only on the next few weeks.

SPARK encourages a much longer view.

You'll find space to create:

- 30-Day Goals — small, achievable changes that help you build momentum
- 90-Day Goals — habits that begin to feel natural and become part of your everyday life, and
- 365-Day Goals — a vision of the person you're gradually becoming.

By thinking beyond next Monday or next month, you begin to see your health as a lifelong investment rather than a temporary project.

Daily Affirmations

The words we repeat to ourselves matter.

Many of us spend years reinforcing negative beliefs without even noticing.

"I'm hopeless." "I always give up." "I've failed again." "I'll never change."

Given enough repetition, those thoughts begin to feel like facts.

They aren't.

Daily affirmations provide an opportunity to replace old stories with healthier ones.

Not through wishful thinking.

But through deliberate practice.

Simple statements repeated consistently can gradually influence the way we think about ourselves.

And the way we think about ourselves influences the choices we make.

Gratitude Changes Perspective

SPARK also invites you to pause each day and notice something positive.

Some days that may feel effortless.

Other days it may take a little longer.

Both are perfectly normal.

Gratitude doesn't ignore life's difficulties.

It simply reminds us that they aren't the whole story.

Even during challenging times, there are often small moments worth noticing.

A kind conversation. A peaceful walk. A good night's sleep. A healthy meal. A laugh with a friend.

Over time these moments become part of your personal history too.

Letter From My Future Self

Perhaps the most unique feature within this section is your Letter From My Future Self.

Imagine receiving a letter from yourself one year from now.

What would she thank you for?

What changes would she notice?

How would she describe your confidence? Your health? Your energy? Your relationships? Your life?

This isn't about predicting the future.

It's about creating a vision worth moving towards.

When life becomes difficult — as it inevitably does — you can return to that letter and remind yourself why you started.

Sometimes we all need someone to believe in us.

Even if that person is our future self.

Your Transformation Diary

Alongside your goals you'll also find your personal journal.

This isn't intended to be a daily diary unless you want it to be.

Instead, think of it as a place to capture the moments that matter.

The breakthrough conversation. The difficult week you worked through. The holiday where you finally felt confident enough to wear the clothes you wanted. The unexpected compliment. The day you realised climbing the stairs no longer left you breathless.

These moments often become the milestones we remember most.

Life Events

Life doesn't stop simply because we're trying to improve our health.

New jobs. Bereavement. Moving house. Family celebrations. Relationship changes. Holidays. Stressful periods at work.

Every significant event has the potential to influence our routines, emotions and behaviours.

Recording these moments creates valuable context.

Months later you may notice that a period of lower motivation coincided with an especially demanding time in your life.

Not because you lacked discipline.

Because life happened.

Context creates understanding.

Understanding creates compassion.

And compassion makes it easier to keep moving forward.

SPARK Remembers... *The person you're becoming is created by the choices you repeat, not the promises you make.*

Continue Your Learning

The complete RESET 3·2·1™ Programme explores Positive Mental Attitude (PMA), visualisation, affirmations, gratitude, identity and long-term behaviour change in much greater depth, showing how our thoughts gradually influence the lives we build.

Chapter 9

SPARK Remembers™

Memory changes everything.

If there is one idea that sits at the very heart of SPARK, it is this: **SPARK remembers.**

At first, that may sound like a simple statement.

After all, many apps save information.

But remembering isn't the same as storing data.

True remembering creates understanding.

Imagine trying to remember what you were eating six months ago when you felt your best, how consistently you were exercising last autumn, whether your sleep became worse before your hot flushes increased, how often you became ill during the past year, or whether changing your HRT coincided with improvements in your energy.

Most of us simply can't remember those details accurately.

Not because we aren't paying attention.

Because we're human.

Memory fades. Details blur. Important connections disappear.

SPARK changes that.

More Than a Diary

Every meal you record. Every walk you complete. Every night's sleep. Every symptom. Every measurement. Every journal entry. Every goal. Every pause.

Each one becomes another piece of your personal health memory.

Individually, they may seem small.

Together, they become remarkably powerful.

Because patterns only become visible when information is remembered consistently over time.

Ask SPARK™

One of the most exciting developments within SPARK is **Ask SPARK**.

Instead of searching through months of records yourself, you can simply ask questions in everyday language.

For example: "When did I last consistently score over 600 points?" "How has my protein intake been during the past month?" "When do I usually struggle with afternoon cravings?" "How many times have I been ill during the past year?" "Have I been sleeping better since increasing my walking?" "What was different about the weeks when I felt my best?"

Rather than looking only at today's information, Ask SPARK can explore your history, helping you discover patterns that would be almost impossible to spot manually.

It's not simply answering questions.

It's helping you understand your own story.

Looking Further Ahead

As SPARK continues to evolve, so will its ability to help people understand their health.

Imagine arriving at a GP appointment.

Instead of trying to remember months of symptoms in a ten-minute conversation, you have a detailed personal history available.

Your activity. Your sleep. Your symptoms. Your periods. Your medications. Your illnesses. Your measurements. Your journal. Your timeline. Your charts.

All organised. All searchable. All belonging to you.

SPARK isn't intended to replace healthcare professionals.

Far from it.

Its purpose is to help you become a better historian of your own health.

Better information can lead to better conversations.

Better conversations can support better decisions.

You Own Your Story

Throughout this guide we've talked about tracking, scoring, goals, measurements, charts.

But none of those are the destination.

They're simply tools.

The real purpose of SPARK is much more personal.

To help you understand yourself.

To recognise your own patterns.

To appreciate your own progress.

And to make decisions based not on guesswork, but on genuine awareness.

The Journey Continues

Whether you've come to SPARK through the complete RESET 3·2·1™ Programme or you've begun here first, this is only the beginning.

Every day you continue logging, your understanding grows.

Every week your story becomes richer.

Every month your personal health memory becomes more valuable.

One day you may look back over years of information and realise something remarkable.

You didn't simply collect data.

You built a relationship with yourself.

SPARK Remembers... *The greatest expert on your body should gradually become you.*

About RESET 3·2·1™

RESET 3·2·1™ is far more than a nutrition programme.

It is a framework for understanding how the body and mind work together to create lasting change.

Built around simple daily habits and supported by behavioural science, RESET helps women move beyond dieting and towards a healthier, more sustainable way of living.

Throughout the complete programme you'll explore the science behind metabolism, hormones, fat loss, muscle preservation, psychology, behaviour change, fasting, nutrition and long-term wellbeing.

SPARK brings those principles to life by helping you apply them consistently, one day at a time.

Together, they create a practical system that supports awareness, confidence and lasting transformation.

About SPARK™

SPARK™ is the digital companion to the RESET 3·2·1™ framework.

Designed specifically to support long-term health awareness, SPARK combines daily tracking with intelligent pattern recognition to help you understand yourself more deeply over time.

Meals. Movement. Sleep. Symptoms. Measurements. Goals. Health records. Journaling. Reflection. And Ask SPARK™ — your personal health memory.

Everything works together for one purpose: to help you notice more, understand more, and remember more.

Because lasting change doesn't begin with perfection.

It begins with awareness.

And awareness grows every time... SPARK remembers.

Thank You

Thank you for allowing SPARK to become part of your journey.

I hope it encourages you to become more curious about yourself, more compassionate towards yourself, and more confident in the choices you make.

Remember, you are not trying to become someone else.

You are simply becoming the healthiest version of the person you already are.

Welcome to your next chapter.

Catherine Raleigh