

The Cortisol Clarity Checklist

**Find out if stress is making your
body store fat or burn out.**

If you're feeling tired, anxious, or stuck no matter how hard you work out - your cortisol rhythm might be off balance.

Use these **quick checklists** to see where your stress levels stand (High or Low) and learn one simple way to start restoring balance so you can finally feel calm, energized, and in control again.



Created by Molly McNamee, founder of MFit Workouts & creator of the Safe Burn Method - a system that helps you lower stress, balance hormones, and finally feel like yourself again.

High Cortisol Checklist

- ☐ Weight Gain (especially around your waist)
- ☐ Puffy Face or Hands
- ☐ Low Motivation
- ☐ Fatigue
- ☐ Insomnia (Difficulty staying asleep OR falling asleep)
- ☐ Increased Thirst
- ☐ Frequent Urination
- ☐ Osteoporosis (thinning of the bones)
- ☐ Irregular Menstruation
- ☐ Bruising Easily (arms and legs)
- ☐ Headaches
- ☐ Hair Loss or Skin Issues

Checking more of these boxes?

Focus on calming your system: gentle movement, stress management, and steady blood sugar balance.

- ☐ Muscle Weakness
- ☐ Bloating or Gas
- ☐ High Blood Pressure
- ☐ High Blood Sugar
- ☐ Emotions Hard To Control
- ☐ Trouble Concentrating
- ☐ Excessive Sweating
- ☐ Depression
- ☐ Anxiety & Overwhelm
- ☐ Heart Racing Randomly / Increased HR
- ☐ Low Sex Drive
- ☐ Weak Immune System (get sick multiple times a year)

Low Cortisol Checklist

Checking more of these boxes?

Focus on rebuilding energy:
prioritize protein, gentle strength
training, and consistent sleep.

- ☐ Difficulty getting up in the AM
- ☐ Reliance on caffeine
- ☐ Joint pain upon waking
- ☐ Dizzy when standing
- ☐ Low blood pressure
- ☐ Unintentional weight loss
- ☐ Loss of appetite
- ☐ Fatigue/Exhaustion
- ☐ Nausea/Vomiting/Diarrhea
- ☐ Low blood sugar
- ☐ Salt cravings
- ☐ Areas of darkened skin

Ready to bring your cortisol into balance?

You might notice you checked boxes from both lists... and that's normal!

Cortisol is meant to rise and fall naturally throughout the day.

But when your stress response gets stuck on or off, those rhythms get all mixed up - leading to fatigue, weight gain, anxiety, and burnout.

The **14-Day Stress & Hormone Reset** helps you reestablish that natural rhythm through the right workouts, habits, and recovery strategies so you can finally feel calm, energized, and in control again.

Join today and use code **CORTISOL30** to get \$30 off (that's only \$7!)

[Click HERE to start your Reset →](#)