



The Five Effort Levels

There is no single correct way to approach fatty liver improvement. These effort levels are not rankings, prescriptions, or measures of discipline. They are practical starting points designed to match different life circumstances. You may move between levels over time, stay at one longer than expected, or step back when needed. What matters most is choosing an effort level that feels sustainable right now.

Effort Level	Primary Focus	What This Looks Like in Real Life	Who This Often Fits Best
Level 1	Timing and recovery	Longer gaps between meals, reduced late-night eating, focus on metabolic rest without changing food types	People who feel overwhelmed or are just starting
Level 2	Partial reduction	Reducing dairy, processed foods, and meat on select days each week	People seeking change without major disruption
Level 3	Consistent reduction	Limiting dairy, processed foods, and meat to occasional servings per month	People ready for structured but flexible change
Level 4	Complete removal	Removing dairy, processed foods, and meat entirely	People who prefer clear, defined boundaries
Level 5	Full metabolic reset	Combining complete dietary change with structured fasting	People with experience, support, and capacity

Technical support:

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Educational Disclaimer

This tracker is provided for educational and self-reflection purposes only. It does not diagnose, treat, cure, or prevent disease and is not a substitute for professional medical advice, diagnosis, or care. Always discuss laboratory and imaging results with a qualified healthcare professional.