



# 7-DAY RESET

## Checklist

### DAY 1

- |   |  |                          |
|---|--|--------------------------|
| 1 | Hydration & Detox                            | <input type="checkbox"/> |
| 2 | Start your day with warm lemon water.        | <input type="checkbox"/> |
| 3 | Aim for at least 8 glasses of water.         | <input type="checkbox"/> |
| 4 | Avoid sugary drinks, caffeine, and alcohol.  | <input type="checkbox"/> |
| 5 | Enjoy herbal teas and cucumber-infused water | <input type="checkbox"/> |

### DAY 2

- |   |  |                          |
|---|--|--------------------------|
| 1 | Clean Eating & Nutrition                           | <input type="checkbox"/> |
| 2 | Breakfast: Green smoothie or oatmeal with berries. | <input type="checkbox"/> |
| 3 | Lunch: Quinoa bowl with vegetables and protein     | <input type="checkbox"/> |
| 4 | Dinner: Roasted veggies with salmon or tofu.       | <input type="checkbox"/> |
| 5 | Snacks: Nuts, fruits, or raw veggies.              | <input type="checkbox"/> |

### DAY 3

- |   |  |                          |
|---|--|--------------------------|
| 1 | Mindfulness & Meditation                             | <input type="checkbox"/> |
| 2 | 5–10 minutes of meditation.                          | <input type="checkbox"/> |
| 3 | Journaling your thoughts and emotions.               | <input type="checkbox"/> |
| 4 | Practice deep breathing exercises.                   | <input type="checkbox"/> |
| 5 | Unplug from digital distractions for at least 1 hour | <input type="checkbox"/> |

### DAY 4

- |   |   |                          |
|---|---|--------------------------|
| 1 | Movement & Exercise   | <input type="checkbox"/> |
| 2 | 20–30 minutes of light movement: walk, yoga, or bodyweight exercises. | <input type="checkbox"/> |
| 3 | Stretch throughout the day.   | <input type="checkbox"/> |
| 4 | Dance or move in a way that feels fun.                                | <input type="checkbox"/> |
| 5 |   | <input type="checkbox"/> |

### DAY 5

- |   |  |                          |
|---|--|--------------------------|
| 1 | Digital Detox & Mental Clarity               | <input type="checkbox"/> |
| 2 | No phone for the first hour of your morning. | <input type="checkbox"/> |
| 3 | Turn off all notifications.                  | <input type="checkbox"/> |
| 4 | Read a book or journal in the evening.       | <input type="checkbox"/> |
| 5 | Take a walk without headphones.              | <input type="checkbox"/> |

### DAY 6

- |   |  |                          |
|---|--|--------------------------|
| 1 | Rest & Recovery                          | <input type="checkbox"/> |
| 2 | Sleep in or nap if needed                | <input type="checkbox"/> |
| 3 | Practice gentle yoga or deep stretching. | <input type="checkbox"/> |
| 4 | Take an Epsom salt bath.                 | <input type="checkbox"/> |
| 5 | Eat nourishing, comforting meals.        | <input type="checkbox"/> |



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### DAY 7

1	: Reflection & Lifestyle Planning	<input type="checkbox"/>
2	How do you feel mentally and physically?	<input type="checkbox"/>
3	What are three changes you can maintain moving forward?	<input type="checkbox"/>
4		<input type="checkbox"/>
5		<input type="checkbox"/>

### DAY

1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>

### DAY

1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>

### PLANNING TIPS:

1	Set weekly goals.	<input type="checkbox"/>
2	Schedule time for your new habits	<input type="checkbox"/>
3	Continue journaling your progress.	<input type="checkbox"/>
4		<input type="checkbox"/>
5		<input type="checkbox"/>

### DAY

1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>

### DAY

1	<input type="checkbox"/>
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4	<input type="checkbox"/>
5	<input type="checkbox"/>