A SIMPLE, STRUCTURED PLAN

Your 7-Day Wellness Reset

Small daily actions for a steadier, healthier week.

START WHERE YOU ARE

Nourish your body. Move in a way that fits you.
Make space for rest, calm, and connection.

7 days one small focus each day	**Flexible** adapt every step to your life	**Repeatable** keep what helps you

A reset that meets you where you are

This week is a gentle starting point, not a test. You do not need to complete every action to benefit. Choose a comfortable version, repeat what feels useful, and let the plan fit your schedule and abilities.

How to use this guide

- **Pick one main action each day.** The optional ideas are there if they help, not as extra requirements.
- **Make it smaller when needed.** Five minutes, one glass of water, or one moment of quiet still counts.
- **Notice how you feel.** Use the reflection prompt to learn what supports you, without judging the day.
- **Carry forward what works.** At the end of the week, choose one or two habits to continue.

Your intention for this week

A helpful reminder

Consistency is built from actions you can return to. If a day goes differently than planned, simply begin again with the next small step.

Before you begin

If you have a health condition, are pregnant, have been inactive for a long time, or are unsure what is appropriate for you, check with a qualified health professional before making significant changes to food or activity. Stop any activity that causes pain, dizziness, chest discomfort, or unusual shortness of breath and seek appropriate help.

DAY 1

Notice your starting point

Begin with curiosity. A brief check-in can help you choose changes that are realistic for you.

TODAY'S SMALL STEPS

- [ ] **Pause and check in**
  Take two quiet minutes. How is your energy, mood, and stress today? Write down one thing you would like more of this week.
- [ ] **Choose a simple anchor**
  Pick one easy action to repeat this week, such as drinking water with breakfast or stepping outside after lunch.
- [ ] **Gentle movement**
  If it suits you, take a comfortable 5-10 minute walk or do light mobility. Keep it easy enough to talk.

MAKE IT SMALLER
If a walk does not fit today, stand, stretch, or take a few slow breaths.

A MOMENT TO REFLECT

What would make this week feel a little better?

One thing I want to remember from today:

DAY 2

Add something nourishing

Focus on adding supportive foods, rather than trying to make a perfect menu.

TODAY'S SMALL STEPS

- [ ] **Build one balanced plate**
  At one meal, include a source of protein, a fruit or vegetable, and a satisfying grain or other energy source.
- [ ] **Make one easy choice**
  Wash fruit, prepare a simple snack, or add a vegetable to a meal you already enjoy.
- [ ] **Eat with attention**
  For one meal or snack, sit down if possible and notice taste, hunger, and fullness without rushing.

MAKE IT SMALLER
Add one fruit or vegetable to a familiar meal.

A MOMENT TO REFLECT

What nourishing choice was easiest to make?

One thing I want to remember from today:

DAY 3

Move in a way that fits

Movement can be gentle, brief, and adapted. The goal is to find an option you can return to.

TODAY'S SMALL STEPS

- [ ] **Choose your movement**
  Try 10-20 minutes of comfortable walking, chair movement, stretching, or another activity you enjoy.
- [ ] **Break it up**
  Short bouts count. Try two 5-minute periods if one longer session is inconvenient.
- [ ] **Recover kindly**
  Afterward, notice how your body feels. Drink to thirst and allow time to rest.

MAKE IT SMALLER

Move for five minutes at a pace that feels manageable.

A MOMENT TO REFLECT

Which movement felt comfortable or enjoyable?

One thing I want to remember from today:

DAY 4

Make room for rest

A calming evening cue can help create a more settled transition toward sleep.

TODAY'S SMALL STEPS

- [ ] **Choose a steady cue**
  Pick a realistic time to begin winding down, even if bedtime varies.
- [ ] **Try a short wind-down**
  Dim a light, stretch gently, read, or take a few slow breaths for five minutes.
- [ ] **Set up one small support**
  Put tomorrow's essentials in one place or make your sleeping area a little more comfortable.

MAKE IT SMALLER

Take three slow breaths before bed or after waking.

A MOMENT TO REFLECT

What helped you feel more settled?

One thing I want to remember from today:

DAY 5

Lower the stress volume

A brief pause can create room to respond to the day with more intention.

TODAY'S SMALL STEPS

- [ ] **Try a grounding pause**
  Notice five things you see, four things you feel, and three things you hear. Go slowly.
- [ ] **Step outside or look out**
  Spend a few minutes noticing daylight, fresh air, or the view from a window.
- [ ] **Connect with someone**
  Send a kind message or make a short check-in with someone you trust, if that feels right.

MAKE IT SMALLER

Pause for one minute and notice your breathing without forcing it.

A MOMENT TO REFLECT

What brought even a small moment of ease?

One thing I want to remember from today:

DAY 6

Shape a supportive routine

Make the helpful choice easier by preparing one small thing in advance.

TODAY'S SMALL STEPS

- [ ] **Choose one routine**
  Pair a small action with something you already do: stretch after brushing your teeth, for example.
- [ ] **Prepare your cue**
  Set out comfortable shoes, fill a water bottle, or place a nourishing snack where it is easy to find.
- [ ] **Keep the plan realistic**
  Choose an action that can fit an ordinary day, not just your best day.

MAKE IT SMALLER

Set out one item that will remind you of your next step.

A MOMENT TO REFLECT

What could make your chosen habit easier tomorrow?

One thing I want to remember from today:

DAY 7

Reflect and carry it forward

Notice progress in ordinary moments. Then choose a simple next step for the coming week.

TODAY'S SMALL STEPS

- [ ] **Look back**
  Review the week. Which actions felt helpful, manageable, or enjoyable?
- [ ] **Name a win**
  Write down one thing you did for your wellbeing, however small.
- [ ] **Choose what continues**
  Select one or two actions to repeat next week. Decide when or where they might fit.

MAKE IT SMALLER
Keep the easiest helpful action and let the rest wait.

A MOMENT TO REFLECT

What is one small action you want to keep?

One thing I want to remember from today:

Your 7-day check-in

Mark a day when you made any small choice for your wellbeing. A checkmark is a reminder of effort, not a score.

DAY	MY SMALL ACTION	DONE
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

At the end of the week

The action I want to keep:

One way I can make it easier:

Small steps, repeated consistently, can help you build a routine that feels like your own.

This guide offers general wellness ideas for education and self-reflection. It is not medical advice, diagnosis, or treatment. Adapt activities to your needs and consult a qualified health professional with questions about your health.