

30-Day Fitness Reset Checklist

Week 1: Foundation

- Day 1: 20-minute walk
- Day 2: Track your steps
- Day 3: Drink 8 glasses of water
- Day 4: Add one serving of veggies
- Day 5: 15 minutes of bodyweight training
- Day 6: Go to bed 30 minutes earlier
- Day 7: Reflect & reset

Week 2: Strength & Consistency

- Day 8: Resistance band workout
- Day 9: Track protein intake
- Day 10: Cut one ultra-processed snack
- Day 11: Add 5 push-ups or 10 squats
- Day 12: Meal prep one high-protein meal
- Day 13: Stretch or yoga (15 minutes)
- Day 14: Reflect & reset

Week 3: Cardio & Recovery

- Day 15: Zone 2 cardio (30 minutes)
- Day 16: Core training (10–15 minutes)
- Day 17: Skip sugary drinks
- Day 18: Try a new fruit or veggie
- Day 19: Sleep 7+ hours
- Day 20: Active recovery day
- Day 21: Reflect & reset

Week 4: Level-Up & Lifestyle

- Day 22: Try a new workout style
- Day 23: Track all meals

- Day 24: Social health day (work out with a friend/share progress)
- Day 25: Add an extra set to your lifts
- Day 26: 24-hour no junk food challenge
- Day 27: Gratitude practice (3 things)
- Day 28: Reflect & reset
- Day 29: Repeat your favorite workout
- Day 30: Celebrate + set your next goal