



DAY 1 • SEPTEMBER 14

Begin Grounded

This is information, not judgment. Record where you are so you can recognize what changes.

Name: _____

Why am I beginning this Reset? _____

STARTING PHOTOS

Take private front, side, and back photos in similar clothing, lighting, distance, and time of day. Keep them for your own comparison unless you choose to share.

STARTING MEASUREMENTS

Measurement	Starting number	How/where I measured
Weight		
Neck		
Chest / bust		
Upper arm		
Natural waist		
Abdomen / navel		
Hips		
Upper thigh		
Calf		

HOW I FEEL TODAY

How I feel	Score 1–10	A quick note
Energy		
Sleep		
Digestion		
Mood		
Confidence		
Consistency		

The promise I am making to myself for these 30 days:
