



DAY 30 • OCTOBER 13

See the Whole Picture

Compare more than a number. Strength, energy, confidence, consistency, and the ability to return all count.

FINAL PHOTOS AND MEASUREMENTS

Repeat your front, side, and back photos under conditions as similar to Day 1 as possible.

FINAL PHOTOS + DAY 30 MEASUREMENTS

Return to Your Progress Tracker

Repeat your front, side, and back photos under conditions as similar to Day 1 as possible. Then complete the Day 30 column and compare the whole picture - inches, weight, strength, energy, confidence, and consistency.

HOW I FEEL NOW

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

Three wins that would never show up on a scale:

The three foundations I will continue for the next 30 days:

When life interrupts again, this is how I will return:

What helped most—and what would make this Reset better?
