



WEEKS 1–4 • SEPTEMBER 14–OCTOBER 11

My Reset Tracker

Mark the days you practiced the foundations. Empty boxes are information—not failure. Return with the next choice.

WEEK 1 • GROUNDED | Sept. 14–20

FOUNDATION	M	T	W	T	F	S	S
FUEL	☐	☐	☐	☐	☐	☐	☐
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOTICE + RETURN	☐	☐	☐	☐	☐	☐	☐

Three workout days planned: _____ / _____ / _____ Completed: ☐ 1 ☐ 2 ☐ 3

WEEK 2 • RETURNING | Sept. 21–27

FOUNDATION	M	T	W	T	F	S	S
FUEL	☐	☐	☐	☐	☐	☐	☐
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOTICE + RETURN	☐	☐	☐	☐	☐	☐	☐

Three workout days planned: _____ / _____ / _____ Completed: ☐ 1 ☐ 2 ☐ 3

WEEK 3 • GROWING | Sept. 28–Oct. 4

FOUNDATION	M	T	W	T	F	S	S
FUEL	☐	☐	☐	☐	☐	☐	☐
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOTICE + RETURN	☐	☐	☐	☐	☐	☐	☐

Three workout days planned: _____ / _____ / _____ Completed: ☐ 1 ☐ 2 ☐ 3

WEEK 4 • BECOMING | Oct. 5–11

FOUNDATION	M	T	W	T	F	S	S
FUEL	☐	☐	☐	☐	☐	☐	☐
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOTICE + RETURN	☐	☐	☐	☐	☐	☐	☐

Three workout days planned: _____ / _____ / _____ Completed: ☐ 1 ☐ 2 ☐ 3

DAYS 29–30 • OCTOBER 12–13 | Gather the evidence, complete your final reflection, and choose what continues.