

WELCOME TO YOUR RESET



THE ROOTED & RISING RESET

A GUIDED RESTART FOR BODY & MIND

30-Day Founding Group

SEPTEMBER 14 - OCTOBER 13, 2026

*A gentle return to the habits that help you feel
stronger, more nourished, and more like yourself.*

You do not need to be perfect.

You only need to keep returning.



What's Inside Your Reset

Everything you need for the next 30 days is organized here. Begin with Start Here, use the flexible calendar to plan each week, and return to the nutrition, workouts, and tracking pages whenever you need them.

#	SECTION	WHAT YOU'LL FIND	WHEN TO USE IT
1	Start Here	Welcome, expectations, and how the Reset works	Before Day 1
2	Nutrition Reset	No-tracking portions, meals, hunger, weekends, and reset tools	Throughout the Reset
3	Daily Foundations	Fuel, water, movement, noticing, and returning	Every day
4	30-Day Calendar	Daily direction and a flexible weekly focus	Plan each week
5	12 Workouts	Bodyweight-first 30-minute Tabatas with optional weights	Three each week
6	Participant Tracking	Day 1, Day 15, Day 30, and four-week tracking pages	On check-in days
WK 2	Stop Starting Over	A calm plan for missed days and real life	Whenever needed

1. Start Here

Welcome to your Reset

This is not a punishment, a crash diet, or another plan that only works when life is perfectly organized. The Rooted & Rising Reset is 30 days of learning how to care for your body consistently—even when work is busy, dinner is made for the whole family, motivation is low, or a day does not go as planned.

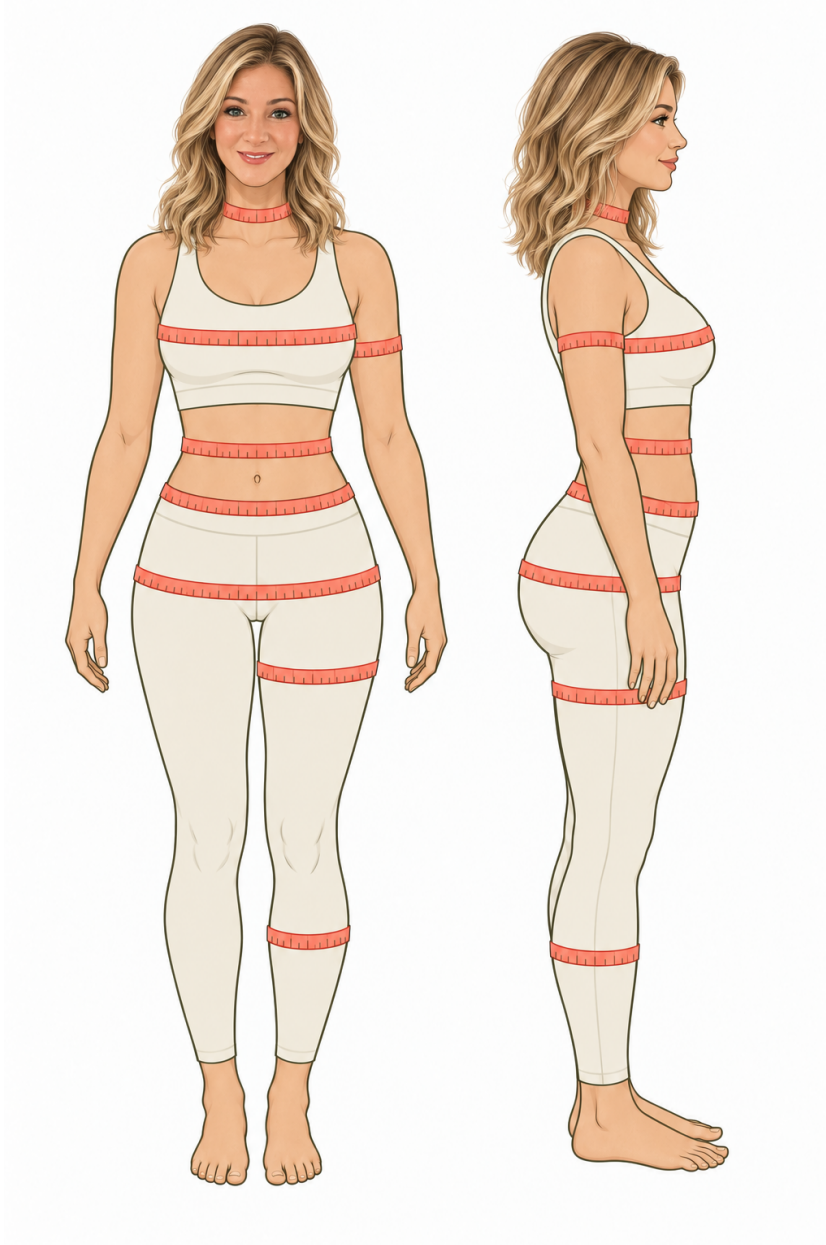
For the next 30 days, your job is not to do everything perfectly. Your job is to practice the foundations, notice what helps you feel stronger, and return quickly when you drift.

YOUR RESET MINDSET

Grounded means you begin where you are. Growing means you stay teachable and keep showing up. Becoming means your repeated choices begin to shape a stronger, more confident version of you.

Where to Take Your Measurements

Follow the coral tapes, then measure in the same conditions each time.



Neck

Around the base of the neck

Chest / bust

Around the fullest part

Upper arm

Midway between shoulder and elbow

Natural waist

Narrowest point; do not pull in

Abdomen

Level with your belly button

Hips

Widest part of hips and glutes

Upper thigh

Just below the glute crease

Calf

Around the fullest part

MEASURE THE SAME WAY EACH TIME

Use a soft tape • Keep it level and snug, not tight • Measure the same side

Use similar clothing • Measure at the same time of day • Stand naturally



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:

Measurement Progress Tracker

Return to the same tape placements and conditions you used on Day 1.

MEASUREMENT	DAY 15	DAY 30	CHANGE FROM DAY 1
Weight			
Neck			
Chest / bust			
Upper arm			
Natural waist			
Abdomen / navel			
Hips			
Upper thigh			
Calf			

WHAT ELSE IS CHANGING?

Clothing fit, bloating, energy, sleep, strength, focus, confidence, or consistency:

Compare your progress. Do not judge your worth.

Your Progress Is Bigger Than One Number

If the only result you are willing to celebrate is a lower number on the scale, staying committed may feel difficult. Your weight may not change as quickly as you hope - and that does not mean the Reset is not working.

INCHES & FIT

You may lose inches, feel less bloated, or notice your clothes fitting differently.

ENERGY & REST

You may sleep better, wake more rested, and have more energy or clearer focus.

STRENGTH & CONFIDENCE

You may grow stronger, feel more capable, and become more confident in your own skin.

CONSISTENCY & TRUST

You may prove that you can make a promise to your body and keep showing up.

Those are real results.

The scale is one small piece of your progress - not the judge of it. This Reset is about feeling better, building trust with yourself, and creating habits you can continue.

Do not let one number convince you to stop growing.



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.

BEFORE YOU BEGIN

Your Reset Commitment

This is what showing up for the next 30 days looks like. It is steady, flexible, and honest - never perfect.

THREE PLANNED WORKOUTS

Complete three strength workouts each week, in class or at home.

DAILY MOVEMENT

Choose movement that fits your actual life and energy.

WATER + PROTEIN

Use water and protein as simple daily anchors.

BALANCED MEALS

Fuel yourself without perfection or obsessive tracking.

PRIVATE PROGRESS CHECKS

Complete your Day 1 weigh-in, photos, and measurements, then return on Day 15 and Day 30.

HONEST FEEDBACK

Notice what helps, what feels hard, and what makes the Reset stronger.

Grounded does not mean rigid.

If life interrupts, return with the next available choice.

2. THE NUTRITION RESET

Stop Thinking Less. Start Thinking Fuel.

Many women are trying to create change while eating too little during the day, feeling ravenous at night, grazing through family meals, or starting over every Monday. The answer is not to keep shrinking your food. Build meals that satisfy you, support your workouts, and create a gentle calorie deficit without making food your full-time job.

For many participants, roughly 1,500-1,650 calories may be a reasonable starting range. It is a reference, not a requirement. Your needs may be higher or lower based on body size, activity, medical needs, pregnancy or breastfeeding, and other factors.

THE NUTRITION GOAL

Eat enough to feel fueled and satisfied, while using simple portions and consistent habits to support fat loss and inches lost over time.

Your Five Nutrition Anchors

1. Build around protein

Protein supports muscle, recovery, strength, and fullness. Aim for a meaningful source at every meal and most snacks.

2. Eat regular meals

Do not save nearly all your food for nighttime. Most women will do well with three meals and one planned snack, adding a second snack when true hunger or activity calls for it.

3. Add produce and fiber

Fruit, vegetables, beans, oats, potatoes, and whole grains help meals feel substantial and support digestion.

NEXT: SEE THE PLATE

Turn the page to see how protein, produce, carbohydrates, and healthy fat fit together.

ROOTED & RISING

BUILD YOUR PLATE

Fuel your body without tracking every bite.

PRODUCE

1-2 fists • vegetables
and/or fruit

PROTEIN

1-1½ palms • about 4-6 oz



CARBOHYDRATE

¼-½ cup cooked • adjust for
hunger and activity

HEALTHY FAT

1 thumb-sized portion

*Start with protein. Add produce. Choose your carb.
Finish with a little healthy fat.*

Grounded. Growing. Becoming.



4. Include carbohydrates

Carbs are fuel—not a failure. Use portions that match your hunger and activity, especially around workouts.

5. Leave room for real life

A restaurant meal, birthday, or family favorite does not erase your progress. Enjoy it, then return at the next meal.

The no-tracking plate

At most meals, use this visual guide. It creates structure without requiring a food scale or perfect calorie math.

The sections are a practical visual—not a demand to arrange every meal perfectly. Mixed meals, bowls, soups, casseroles, tacos, and sandwiches can use the same four-part structure.

Part of meal	Simple portion	Examples
Protein	1–1½ palms or about 4–6 oz	Chicken, turkey, eggs/egg whites, Greek yogurt, cottage cheese, tuna, fish, lean beef, beans, protein shake
Produce	1–2 fists	Any vegetables you enjoy; fruit may fill part of this portion
Carbohydrate	About ¼–½ cup cooked	Rice, oats, potatoes, sweet potatoes, beans, pasta or quinoa; one small slice of bread or one small tortilla may also fit
Healthy fat	1 thumb or small portion	Avocado, olive oil, nuts, seeds, nut butter, cheese, egg yolks; use less added fat when the protein is already higher-fat

Still hungry? Add vegetables first, then a little more protein or carbohydrate based on what the meal was missing. Less active or comfortably full? Start with the smaller end of the portion range.

Using the Rooted & Rising carb range

The $\frac{1}{4}$ – $\frac{1}{2}$ cup range is for cooked starchy carbohydrates. It gives the body usable fuel while keeping the plate portion-controlled enough to support a gentle calorie deficit without tracking.

- Start near $\frac{1}{4}$ cup at a lighter meal, on a lower-activity day, or when the meal already contains another carbohydrate source.
- Use closer to $\frac{1}{2}$ cup after a workout, on a more active day, or when the smaller portion leaves you physically hungry.
- Fruit does not need to be squeezed into the same measuring cup. Use one modest serving of fruit as produce, especially at breakfast or a snack.
- Non-starchy vegetables are not the carb portion. Build them generously into the plate.
- If energy, workout performance, sleep, recovery, or hunger noticeably worsen, the answer may be more fuel—not more restriction.

The plate in real life

Taco night

Build around seasoned meat, add lettuce or cabbage, tomato, peppers or salsa, choose one small tortilla or a modest portion of chips, and use cheese or avocado intentionally.

Spaghetti night

Use a generous serving of lean meat sauce, about $\frac{1}{4}$ – $\frac{1}{2}$ cup cooked pasta, and add a vegetable or fruit side. If the sauce is light on meat, add a simple protein side.

Casserole night

Begin with one sensible serving, add produce beside it, eat slowly, and pause before seconds. If the casserole is mostly starch, add a separate protein.

Burger night

Use the burger as the protein anchor, choose the bun or a small potato side as the main starch, and add vegetables or fruit.

Breakfast and lunch without overthinking

Egg breakfast

Build around two eggs plus egg whites, add fruit or vegetables, and choose a small serving of toast, oats, or potatoes when wanted.

Yogurt bowl

Use high-protein Greek yogurt, add berries or another fruit, and keep granola, nuts, seeds, or nut butter to an intentional topping rather than turning every topping into a full serving.



Leftover lunch

Start with leftover protein, add any available vegetables or fruit, and include $\frac{1}{4}$ – $\frac{1}{2}$ cup of the leftover starch.

Sandwich or wrap

Use a strong serving of turkey, chicken, tuna, eggs, or lean beef; add produce; choose one bread, bun, or tortilla as the starch; and keep sauces and cheese intentional.



Protein without obsessing

A useful daily target for many women in this Reset is about 100–130 grams of protein. You do not have to count it perfectly. Think 25–35 grams at each meal plus 10–20 grams in a snack.

Meal moment	Easy protein anchors
Breakfast	Eggs plus egg whites; Greek yogurt bowl; cottage cheese with fruit; protein oatmeal; protein shake with a real-food side
Lunch	Leftover meat and vegetables; turkey wrap; tuna bowl; chicken and rice bowl; cottage cheese plate
Dinner	A palm-and-a-half serving of the family meal protein; add a simple backup protein if dinner is light on it
Snack	Greek yogurt, cottage cheese, boiled eggs, cheese plus lean deli meat, tuna packet, or a protein shake

Family dinner still counts

You do not need a separate ‘diet dinner.’ Eat what you make for your family and give the meal a little structure:

- Find the protein first and give it enough room on your plate.
- Add a generous vegetable or fruit when the meal does not already include produce.
- Serve the starch, casserole, pasta, tacos, or comfort food in a satisfying portion—not an unlimited one.
- Sit down with your plate instead of grazing while cooking and cleaning.
- Eat slowly enough to notice satisfaction. Pause before automatically getting seconds.

When dinner is mixed together

For casseroles, pasta dishes, soups, tacos, pizza, or one-pan meals, use one sensible first serving and add a protein or produce side if the meal is missing one. You are allowed to eat the same food as your family; the win is creating balance and awareness.

A simple day of eating

- Breakfast: protein + fruit or high-fiber carbohydrate + optional healthy fat
- Lunch: protein + produce + carbohydrate + healthy fat
- Planned snack: protein + fruit, vegetable, or another satisfying side
- Dinner: family meal using the no-tracking plate
- Optional second snack: use when you are physically hungry, had a demanding workout, or dinner will be late

Fiber and digestion

Aim to work toward about 25–30 grams of fiber daily, increasing gradually if your current intake is low. Build it from fruit, vegetables, oats, beans or lentils, potatoes with skin, whole grains, nuts, and seeds. Increasing fiber too quickly without enough fluid can leave you more uncomfortable, so add it steadily and stay hydrated.

Fiber in a Flash

Easy ways to add fiber without turning meals into another thing to track:

- Chia seeds: 2 tablespoons = about 10 g fiber. Stir into Greek yogurt, oatmeal, or a smoothie.
- Raspberries: 1 cup = about 8 g. Add to yogurt, oatmeal, or eat as a snack.
- Blackberries: 1 cup = about 8 g.
- Avocado: 1/2 medium = about 5 g. Add to eggs, bowls, tacos, or toast.
- Pear: 1 medium = about 5–6 g. An easy grab-and-go option.
- Apple with the skin: about 4–5 g. Pair with peanut butter or a protein snack.
- Black beans: 1/2 cup = about 7–8 g. Add to bowls, tacos, eggs, or soup.
- Lentils: 1/2 cup cooked = about 8 g. Add to soup, bowls, or a simple side.
- Edamame: 1 cup = about 8 g. Microwave steam bags make this especially easy.
- Oatmeal: 1/2 cup dry = about 4 g. Add chia and berries for a high-fiber breakfast.
- Sweet potato with the skin: 1 medium = about 4 g.
- Air-popped popcorn: 3 cups = about 3–4 g. A quick crunchy snack.

FIBER HACK

Want to reach 25–30 grams without obsessing over numbers? Start the day with chia + berries, eat a fruit with a snack, include beans, lentils, or another high-fiber carbohydrate with one meal, and get vegetables onto your plate at lunch and dinner. Simple additions add up.

Hunger, fullness, and portions

The goal is not to finish every meal stuffed or to spend the day white-knuckling hunger. Use this quick check before, during, and after meals:

- Before: Am I physically hungry, emotionally activated, bored, or eating because food is simply available?
- During: Does this still taste as good as the first few bites? Am I beginning to feel satisfied?
- After: Can I comfortably move on with my day for the next few hours?

SATISFIED IS THE TARGET

You should feel comfortably fed—not painfully full, and not still searching the kitchen ten minutes later. If you are repeatedly hungry soon after meals, add protein, fiber, or a little more food instead of assuming you need more willpower.

Water

Use half your body weight in ounces as a practical starting point for daily water. For example, 150 pounds equals about 75 ounces. More is not automatically better; heat, workouts, pregnancy, breastfeeding, medical conditions, and medications can change hydration needs.

- Drink a glass shortly after waking.
- Keep water visible and refillable.
- Drink with meals and around workouts.
- Use pale-yellow urine and normal thirst as practical feedback; do not force excessive water.



The 30-day beverage reset

For these 30 days, make water your primary drink and remove alcohol, soda, and energy drinks as much as possible. This is a short-term boundary designed to interrupt automatic habits, reduce the drinks that can quietly work against your calorie deficit, sleep, energy, and hunger awareness, and help your mind and body experience a true reset.

- Aim for no energy drinks, no soda, and no alcohol during the Reset.
- If you choose one occasionally, keep it intentional and limited. One choice does not erase your progress; return to water with the next drink.
- Use water as your everyday foundation. Unsweetened coffee or tea may fit if they do not interfere with sleep or leave you depending on caffeine for energy.
- Use electrolytes intentionally during heavy sweating, hot weather, longer activity, or when your body needs additional support. Choose a lower-sugar option when possible; electrolytes supplement water rather than replace it.
- If you currently rely on energy drinks every day, tapering over several days may feel better than stopping caffeine suddenly.

WHY THIS MATTERS

You are not proving that a certain drink is forbidden forever. You are creating enough space to notice your natural energy, thirst, sleep, cravings, and routines without constantly covering them up.

Eating out, weekends, and celebrations

Do not try to ‘earn’ a meal by starving beforehand. Eat normally, include protein earlier in the day, decide what matters most at the event, and enjoy it without guilt. Then return to your regular structure at the next meal. One meal is a meal—not a weekend, a failure, or a reason to quit.

The next-meal reset

1. Do not skip the next meal to compensate.
2. Drink water normally.
3. Build the next meal around protein and produce.
4. Take a walk or complete planned movement because it supports you—not as punishment.
5. Name one thing you learned, then move forward.

Your simple grocery framework

Choose	Keep a few available
Proteins	Chicken, lean ground meat, eggs, Greek yogurt, cottage cheese, tuna, fish, lean beef, protein shakes



Produce	Two or three easy vegetables plus two or three fruits your household will actually eat
Carbs	Rice, oats, potatoes, sweet potatoes, bread or tortillas, pasta, beans, quinoa
Fats/flavor	Olive oil, avocado, nuts, nut butter, cheese, sauces and seasonings you enjoy
Emergency foods	Frozen vegetables, microwave rice, canned tuna or chicken, boiled eggs, yogurt, pre-cooked protein

Safety note

This program provides general wellness education, not individualized medical nutrition therapy. If you are pregnant or breastfeeding, under 18, have a history of an eating disorder, diabetes, kidney disease, another medical condition, or take medication affected by food or hydration, use guidance from your qualified healthcare professional rather than the calorie or fluid examples in this guide.



3. Daily Foundations

These are the actions that keep the Reset simple. A day can still count even when it is not perfect.

Fuel

Build meals around protein and use the no-tracking plate most of the time.

Water

Use your practical daily target and drink consistently across the day.

Move

Complete the planned workout or choose intentional movement that fits the day.

Notice

Track energy, strength, digestion, mood, sleep, confidence, and clothes—not only weight.

Return

If one choice goes sideways, make the next supportive choice without punishment.



4. Your Flexible 30-Day Roadmap

This roadmap gives you direction without requiring you to follow someone else's schedule. Complete the three workouts listed for each week on the days that fit your life. Follow the workouts in order, leave a recovery day between strength sessions when possible, and use class attendance toward your weekly total.

THREE WORKOUTS - YOUR SCHEDULE

Plan your days at the beginning of each week, then adjust calmly when real life changes. Moving a workout is not failing the Reset.

If you attend Rooted & Rising classes

Classes completed this week	Home workouts to complete
3 classes	0
2 classes	1
1 class	2
No classes	3

A class counts as one strength workout. If you also use a home workout, choose the next workout listed for that week.



Week 1: Grounded

Begin honestly. Learn the system and build a week you can repeat.

COMPLETE THIS WEEK

Workouts 1, 2 & 3. My planned workout days: _____ / _____ / _____

DAILY FOUNDATIONS Fuel with the plate | Prioritize protein | Drink water | Follow the beverage reset | Choose movement | Return without guilt

Day	Focus	Your direction
1	Begin grounded	Take starting photos and measurements. Write why you are beginning and choose your three workout days.
2	Build the plate	Create one meal with protein, produce, a 1/4-1/2 cup cooked carbohydrate, and an intentional fat.
3	Move at your level	Choose bodyweight if you are beginning. Add dumbbells only if you already feel confident with the movements.
4	Hydrate on purpose	Notice what you usually reach for. Choose water first and use electrolytes intentionally when helpful.
5	Lead with protein	Include a clear protein source at every meal and notice how your hunger responds.
6	Practice real life	Use the plate with a family, restaurant, or weekend meal. You do not need a separate meal to stay consistent.
7	Notice the win	Complete any remaining weekly workout, name one win, and choose next week's workout days.

End-of-week reflection

My win: _____

What I will adjust next week: _____



R&R EXPRESS • 10-15 MINUTES

Short on time? Pick one, move with intention, and get on with your day. No equipment is required.

OPTION 1 • FULL-BODY EXPRESS

40 seconds work / 20 seconds rest • 6 exercises • 2 rounds

1. Squat + knee drive
2. Incline push-up — wall, counter, couch, or floor
3. Reverse lunge + knee drive
4. Glute bridge
5. Standing cross-body crunch
6. Fast march or low-impact jack

OPTION 2 • STRENGTH EXPRESS

45 seconds work / 15 seconds rest • 6 exercises • 2 rounds • Bodyweight or dumbbells if you have them

1. Squat
2. Bent-over row — or standing squeeze/pull with no weights
3. Alternating reverse lunge
4. Shoulder press — or bodyweight arm press
5. Glute bridge + pulse
6. Dead bug

TEN MINUTES COUNTS

You don't have to do the full workout to keep a promise to yourself. Short on time? Pick an Express and MOVE.



WORKOUT 1 • BODYWEIGHT FIRST

Full-Body Foundation

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

March • Arm circles • Squat + reach • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	March + arm sweep	Hold light weights
2	Squat to reach	Goblet squat
3	Alternating reverse lunge	Hold weights at sides
4	Wall or counter push-up	Floor press instead
5	Good morning	Romanian deadlift
6	Glute bridge	Weight across hips
7	Standing cross-crunch	Hold one light weight

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Slow march • Chest stretch • Hamstring stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 2 • BODYWEIGHT FIRST

Lower Body Grounded

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Heel-toe rocks • Hip circles • Easy squats • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Bodyweight squat	Goblet squat
2	Alternating reverse lunge	Hold weights at sides
3	Lateral lunge	Hold one weight at chest
4	Glute bridge	Weight across hips
5	Curtsy step-back	Hold weights at sides
6	Calf raise	Hold weights at sides
7	Skater step	Hold one weight at chest

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Quad stretch • Figure-four stretch • Calf stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 3 • BODYWEIGHT FIRST

Upper Body + Core Reset

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Arm circles • Wall slides • March + rotation • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Wall or counter push-up	Floor press instead
2	Standing W squeeze	Bent-over row instead
3	Plank shoulder tap	Renegade row at counter
4	Bird dog	Light weights in hands
5	Wall triceps press	Triceps extension instead
6	Dead bug or heel taps	Hold one light weight
7	Standing punches	Use very light weights

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Chest stretch • Upper-back stretch • Side-body stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.

WEEK 2 MINDSET

Stop Starting Over

THE RULE

Never turn one imperfect choice into a story about who you are. Return at the next available decision.

Missed a workout?

Move it once if the week allows, or continue with the next workout. Do not double up as punishment.

Ate more than planned?

Return to normal meals. Do not fast, restrict, or try to burn it off.

Busy family week?

Protect the smallest version of the foundations: protein, water, a few minutes of movement, and one planned workout when possible.

Scale went up?

Look at sodium, digestion, cycle, stress, soreness, and consistency before assuming fat gain. Use all progress markers.

Motivation disappeared?

Lower the barrier, begin for five minutes, and let action—not emotion—decide whether the day counts.



Week 2: Returning

Consistency is not a perfect streak. It is how quickly and kindly you return.

COMPLETE THIS WEEK

Workouts 4, 5 & 6. My planned workout days: _____ / _____ / _____

DAILY FOUNDATIONS Fuel with the plate | Prioritize protein | Drink water | Follow the beverage reset | Choose movement | Return without guilt

Day	Focus	Your direction
8	Plan the week	Choose your three workout days and identify the one obstacle most likely to interrupt your plan.
9	Eat before ravenous	Use regular meals and a planned protein-rich snack when needed instead of saving most of your food for nighttime.
10	Choose movement	Walk, rebound, dance, run, skip, bike, or move another way that helps you reconnect with your body.
11	Check satisfaction	After one meal, pause and ask: Was I physically satisfied? What might this meal need next time?
12	Protect the minimum	On a busy day, keep the smallest version: water, protein, a balanced plate, and a few minutes of movement.
13	Release all-or-nothing	If a choice goes sideways, return at the next meal or next available movement opportunity.
14	Review and reset	Finish any remaining weekly workout. Record what helped you return instead of starting over.

End-of-week reflection

My win: _____

What I will adjust next week: _____



WORKOUT 4 • BODYWEIGHT FIRST

Full-Body Strength

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

March + reach • Good morning • Alternating lunge • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat + knee drive	Goblet squat
2	Reverse lunge + reach	Hold one weight at chest
3	Incline push-up	Floor press instead
4	Single-leg kickstand hinge	Hold weights at sides
5	Glute bridge march	Weight across hips
6	Lateral lunge	Hold one weight at chest
7	Low-impact jack	Weighted push-out jack

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Hip-flexor stretch • Chest stretch • Forward fold • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 5 • BODYWEIGHT FIRST

Legs + Balance

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Ankle rolls • Hip openers • Squat + reach • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Split squat right	Hold weights at sides
2	Split squat left	Hold weights at sides
3	Sumo squat	Hold one weight at chest
4	Single-leg hinge right	Hold weights at sides
5	Single-leg hinge left	Hold weights at sides
6	Squat hold + heel lift	Hold one weight at chest
7	Skater step or hop	Hold one weight at chest

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Quad stretch • Figure-four stretch • Calf stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 6 • BODYWEIGHT FIRST

Posture + Core

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Shoulder rolls • Arm sweeps • Torso rotation • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Incline push-up	Floor press instead
2	Standing pull-down	Bent-over row instead
3	Plank shoulder tap	Renegade row at counter
4	Superman pull	Light reverse fly instead
5	Bird dog	Light weights in hands
6	Side plank at wall or knees	Hold light weight overhead
7	Single-leg cross-crunch	Hold one light weight

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Box breathing • Chest stretch • Upper-back stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



DAY 15 • SEPTEMBER 28

Notice What Is Growing

You are not grading yourself. Notice what is working and choose one helpful adjustment.

MIDPOINT CHECK-IN

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

What feels easier than it did on Day 1? _____

Where am I still getting stuck? _____

Which foundation has been most consistent—fuel, water, movement, noticing, or returning?

What is one win that has nothing to do with the scale?

What is one realistic adjustment that would make the next 15 days stronger?

Keep returning. One imperfect day does not erase what is growing.



Week 3: Growing

Growth asks for humility: pay attention, make an adjustment, and challenge yourself when ready.

COMPLETE THIS WEEK

Workouts 7, 8 & 9. My planned workout days: _____ / _____ / _____

DAILY FOUNDATIONS Fuel with the plate | Prioritize protein | Drink water | Follow the beverage reset | Choose movement | Return without guilt

Day	Focus	Your direction
15	Midpoint check-in	Complete your Day 15 check-in. Notice changes in energy, strength, sleep, confidence, digestion, and consistency.
16	Choose progression	Move to 45 seconds of lifting and 15 seconds of rest. Add dumbbells only where you can keep control.
17	Fuel the work	Use the higher end of your carbohydrate range after training or when activity and true hunger call for more fuel.
18	Check environment	Make water visible and put one easy protein, produce, and emergency meal option within reach.
19	Practice flexibility	Modify a family favorite using the plate rather than labeling the entire meal good or bad.
20	Respond to hunger	If you are hungry soon after eating, look for the missing piece: protein, produce or fiber, carbohydrate, fat, or enough food.
21	Name the growth	Complete any remaining weekly workout. Write one thing your body can do now that felt harder on Day 1.

End-of-week reflection

My win: _____

What I will adjust next week: _____



WORKOUT 7 • BODYWEIGHT FIRST

Full-Body Power

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

March + arm swing • Squat • Good morning • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat to reach	Squat to press
2	Alternating row stance	Bent-over row
3	Reverse lunge + curl motion	Reverse lunge + biceps curl
4	Good morning	Romanian deadlift
5	Lateral lunge + reach	Lateral lunge + clean
6	Plank shoulder tap	Plank dumbbell drag
7	Fast march or high knees	Hold light weights

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Slow march • Quad stretch • Chest stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 8 • BODYWEIGHT FIRST

Lower-Body Strength

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Heel-toe rocks • Hip circles • Hamstring sweep • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat	Goblet squat
2	Alternating reverse lunge	Hold weights at sides
3	Sumo squat pulse	Hold one weight at chest
4	Glute bridge	Weight across hips
5	Lateral lunge	Hold one weight at chest
6	Curtsy lunge + calf raise	Hold weights at sides
7	Skater step or hop	Hold one weight at chest

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Quad stretch • Figure-four stretch • Hamstring stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 9 • BODYWEIGHT FIRST

Upper Body + Core Strength

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Arm circles • Wall slides • March + overhead reach • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Incline push-up	Floor press instead
2	Standing W squeeze	Bent-over row instead
3	Shoulder press motion	Shoulder press
4	Triceps wall press	Triceps extension
5	Bird dog row motion	Bird dog row
6	Dead bug	Hold one light weight
7	Arm punches	Use very light weights

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Chest stretch • Triceps stretch • Upper-back stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



Week 4: Becoming

Recognize what is changing and practice the habits you want to carry forward.

COMPLETE THIS WEEK

Workouts 10, 11 & 12. My planned workout days: _____ / _____ / _____

DAILY FOUNDATIONS Fuel with the plate | Prioritize protein | Drink water | Follow the beverage reset | Choose movement | Return without guilt

Day	Focus	Your direction
22	Plan with confidence	Choose your final three workout days and the level—bodyweight or dumbbells—that lets you move well.
23	Repeat what works	Choose a breakfast, lunch, or snack that has consistently kept you fueled and satisfied.
24	Move because you can	Choose movement that feels supportive today. There is no required number—showing up is the practice.
25	Notice beyond scale	Pay attention to clothing fit, posture, stamina, mood, sleep, digestion, and confidence.
26	Prepare for imperfect	Write your personal return plan for the next missed workout, busy week, or meal that does not go as planned.
27	Celebrate strength	During today's workout or movement, notice control, endurance, balance, or weight that has improved.
28	Finish the week	Complete any remaining weekly workout. Choose three foundations you want to keep after Day 30.

End-of-week reflection

My win: _____

What I will adjust next week: _____



WORKOUT 10 • BODYWEIGHT FIRST

Full-Body Becoming

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

March + reach • Squat + chest opener • Good morning • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat + reach	Squat + press
2	Alternating reverse lunge	Reverse lunge + curl
3	Standing pull-down	Bent-over row
4	Single-leg kickstand hinge	Romanian deadlift
5	Incline push-up	Floor press instead
6	Lateral lunge	Lateral lunge + clean
7	Low-impact jack	Weighted push-out jack

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Hip-flexor stretch • Chest stretch • Full-body reach • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 11 • BODYWEIGHT FIRST

Lower-Body Strength + Sweat

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Ankle mobility • Hip opener • Squat + reach • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat	Goblet squat
2	Alternating reverse lunge	Hold weights at sides
3	Good morning	Romanian deadlift
4	Curtsy lunge + calf raise	Hold weights at sides
5	Sumo squat pulse	Hold one weight at chest
6	Glute bridge march	Weight across hips
7	Skater or fast side step	Hold one weight at chest

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Quad stretch • Figure-four stretch • Calf stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 12 • BODYWEIGHT FIRST

Upper Body + Confident Finish

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Shoulder rolls • Arm sweeps • March + rotation • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Incline push-up	Floor press instead
2	Standing pull-down	Bent-over row
3	Shoulder press motion	Shoulder press
4	Plank shoulder tap	Renegade row at counter
5	Triceps wall press	Triceps extension
6	Standing cross-crunch	Hold one light weight
7	Punches	Use very light weights

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Box breathing • Chest stretch • Triceps stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



Days 29-30: Reflect & Rise

The Reset ends by helping you see the whole picture and choose what continues. This is not the day you stop—it is the day you recognize what you now know how to return to.

Day 29 — Gather the evidence

- Repeat your photos and measurements under conditions similar to Day 1.
- Compare energy, strength, stamina, sleep, mood, digestion, confidence, and clothing fit.
- Name three wins that would not appear on a scale.

Day 30 — Choose what continues

- Complete your final reflection and honest program feedback.
- Choose three foundations you will continue for the next 30 days.
- Write your realistic weekly movement and strength plan.
- Decide what you will do the next time life interrupts your routine.

YOU DID NOT FINISH BY BECOMING PERFECT

You finished by proving that you can begin, adjust, return, and keep becoming.



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?



The Reset Ends. You Keep Rising.

You made it through 30 days, but this was never meant to be something you finished and left behind.

The purpose of this Reset was to help you build a foundation you can return to in every season: nourishing your body, moving consistently, giving yourself grace, and making choices that support the woman you are becoming.

You do not need to do everything perfectly to keep moving forward. You simply need a few dependable habits that help you feel grounded.

YOUR NEW FOUNDATION

- Build balanced, protein-centered meals
- Drink enough water
- Strength train three times each week
- Move your body in ways you enjoy
- Prioritize sleep and recovery
- Return to your next healthy choice when life gets messy

YOUR DAY 31 PLAN

The three habits I am carrying forward:

My realistic weekly movement plan:

When I have a difficult day or week, I will return to:

THIS IS BECOMING

Becoming does not mean arriving at a perfect version of yourself. It means recognizing how far you have come, trusting what you have learned, and continuing to choose what helps you feel strong, grounded, and well.

You are not starting over.

You are moving forward with deeper roots, greater awareness, and a foundation you know how to return to.

Grounded. Growing. Becoming.

*With love and belief in you,
Amanda
Rooted & Rising*