



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.

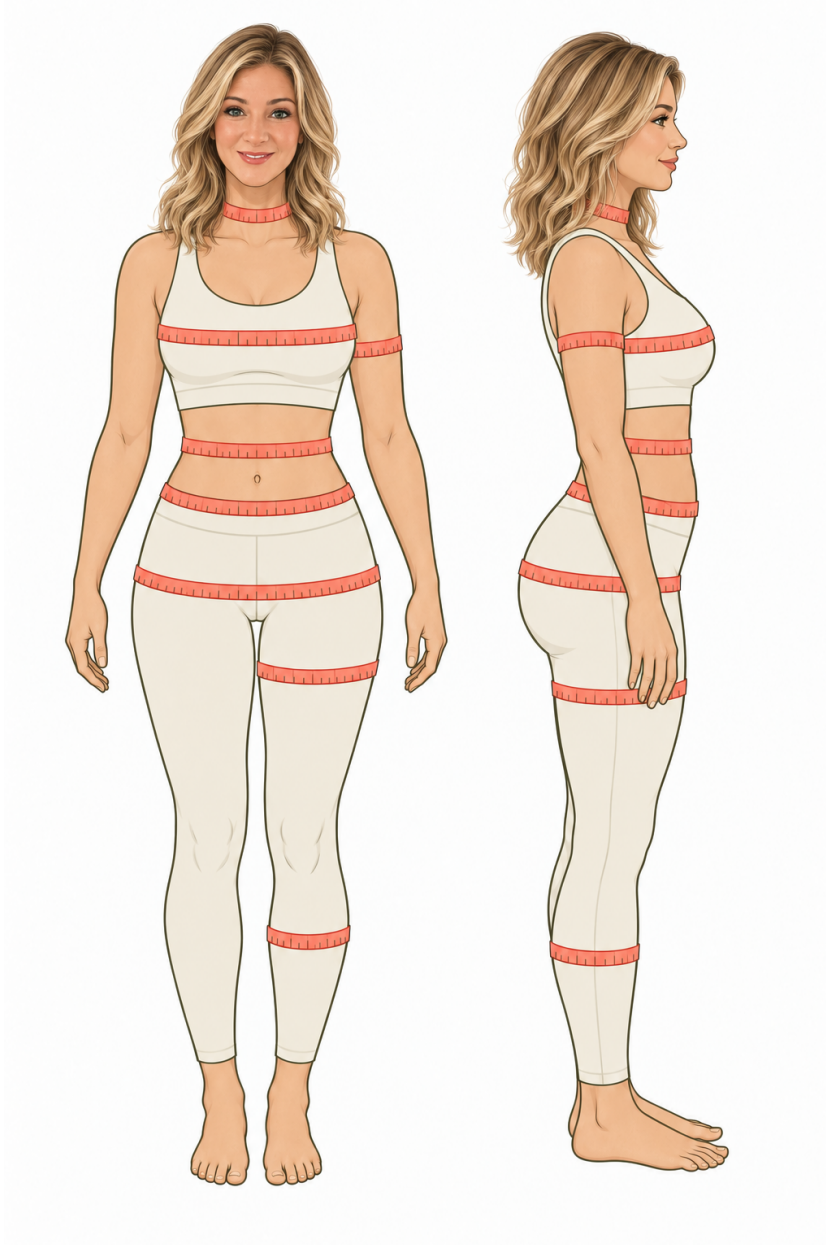
For the next 30 days, your job is not to do everything perfectly. Your job is to practice the foundations, notice what helps you feel stronger, and return quickly when you drift.

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.



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.