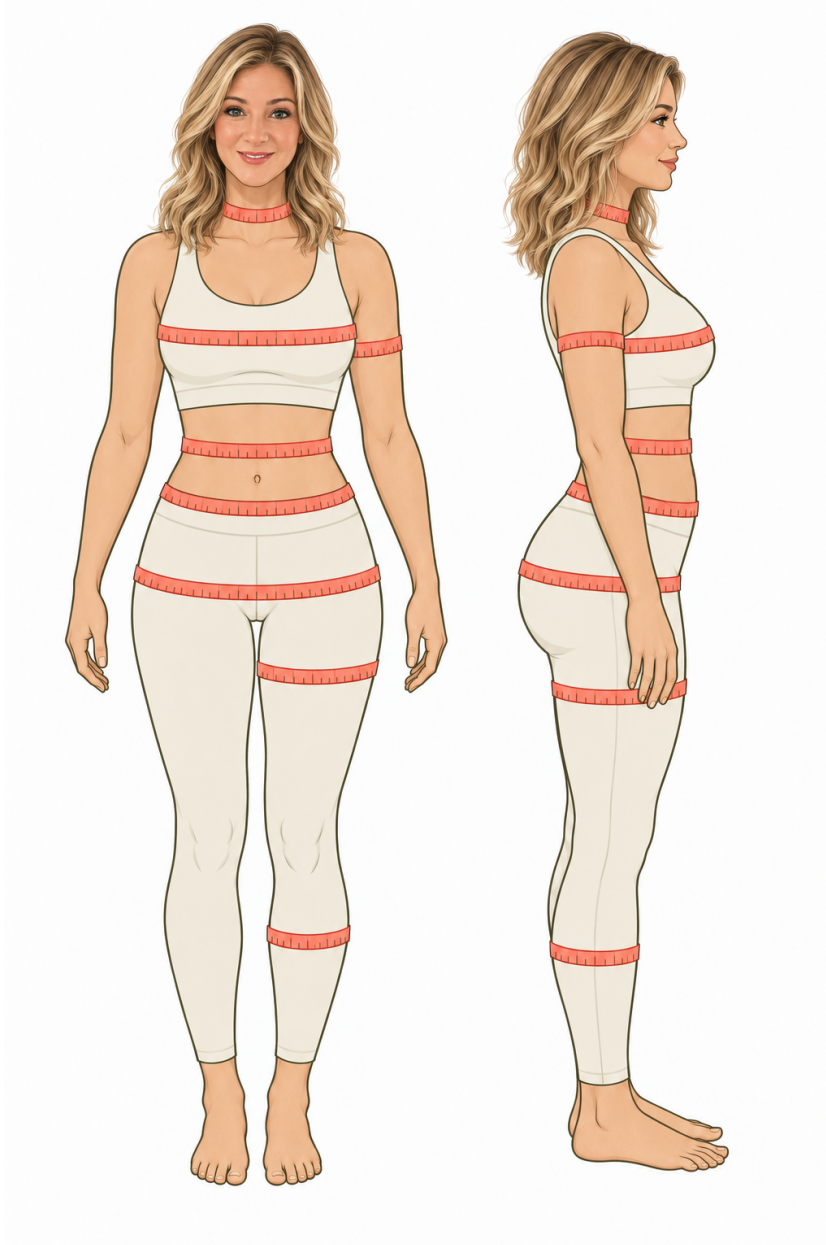


Where to Take Your Measurements

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.



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.



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.



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*