



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: _____



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.