



Summer Reset Challenge

14-Day Challenge: Week 1

Seven simple daily focus cards for your reset.

Day 1: Set Your Summer Intention

Today's focus: Choose one reason you want to feel stronger, more energized, or more consistent this summer.

- ☐ Write your intention
- ☐ Get morning light
- ☐ Take one small action

Reflection: _____

Day 2: Morning Light + Protein

Today's focus: Anchor your day with sunlight and a protein-rich breakfast.

- ☐ Get outside early
- ☐ Eat a protein breakfast
- ☐ Notice your energy

Reflection: _____

Day 3: Beginner Strength Workout

Today's focus: Complete a simple full-body strength session at your level.

- ☐ Warm up
- ☐ Do 2-3 rounds
- ☐ Celebrate showing up

Reflection: _____

Day 4: Walk + Hydrate

Today's focus: Use easy outdoor movement and hydration to support energy and circulation.

- ☐ Walk 10-20 minutes
- ☐ Drink water
- ☐ Add electrolytes if helpful

Reflection: _____

Day 5: Mobility Reset

Today's focus: Open your hips, back, shoulders, and ankles so your body feels better.

- ☐ Do the mobility routine
- ☐ Breathe slowly
- ☐ Keep it gentle

Reflection: _____

Day 6: Colorful Plants Day

Today's focus: Add variety to feed your gut and support overall wellness.

- ☐ Choose 3-5 colors
- ☐ Add herbs or berries
- ☐ Track your plants

Reflection: _____

Day 7: Reflect + Recover

Today's focus: Pause, notice what worked, and let your body recover.

- ☐ Take a slow walk
- ☐ Stretch or rest
- ☐ Write one win



14-Day Challenge: Week 2

Seven simple daily focus cards for your reset.

Day 8: Strength Day

Today's focus: Repeat a full-body strength workout and focus on quality reps.

- ☐ Warm up
- ☐ Lift with control
- ☐ Notice progress

Reflection: _____

Day 9: Core + Posture Reset

Today's focus: Support your spine, shoulders, and deep core with mindful movement.

- ☐ Do core work
- ☐ Open your chest
- ☐ Practice tall posture

Reflection: _____

Day 10: Outdoor Movement

Today's focus: Move outside in a way that feels fun and doable.

- ☐ Walk, bike, swim, or garden
- ☐ Get sunlight
- ☐ Keep it joyful

Reflection: _____

Day 11: Protein Power Day

Today's focus: Aim to include protein at meals to support muscle and recovery.

- ☐ Protein at breakfast
- ☐ Protein at lunch
- ☐ Protein at dinner

Reflection: _____

Day 12: Mobility + Nervous System

Today's focus: Pair gentle mobility with slow breathing to calm your body.

- ☐ Move slowly
- ☐ Do 4 slow breaths
- ☐ Lower evening stimulation

Reflection: _____

Day 13: Strong Girl Summer Workout

Today's focus: Do a short strength circuit and appreciate what your body can do.

- ☐ 2-3 rounds
- ☐ Modify as needed
- ☐ Finish proud

Reflection: _____

Day 14: Celebrate + Choose What Sticks

Today's focus: Pick 2-3 habits to keep going beyond the reset.

- ☐ Write your favorite habit
- ☐ Choose your next step
- ☐ Celebrate your consistency

Reflection: _____



Workout + Mobility Ideas

Use these when the challenge says strength, mobility, or reset.

Strength Mini-Workout

Choose dumbbells, bands, or bodyweight. Move with control and stop before form breaks.

Warm-up: march in place, shoulder rolls, hip circles, and bodyweight good mornings for 3-5 minutes.

Squat or sit-to-stand: 8-12 reps. Incline or wall push-up: 8-10 reps. Band row or dumbbell row: 10-12 reps.

Glute bridge: 10-15 reps. Dead bug or bird dog: 6-8 reps each side. Complete 2-3 rounds at a comfortable pace.

Mobility Reset

Gentle movement helps you recover, reduce stiffness, and feel more ready for strength days.

Cat/Cow: 8-10 slow reps.

World's Greatest Stretch: 5 reps each side.

Open Book Rotation: 5 reps each side.

Hamstring Rock Back: 5 reps each side.

Child's Pose Lat Stretch: 30-45 seconds.

Breathing finish: inhale 4 counts, exhale 6 counts for 4 rounds.

Wind-down Routine Ideas

Dim lights, put your phone away, take a warm shower, stretch gently, write down one thing you are grateful for, or try slow breathing.

Aim to make evenings calmer and more consistent.

Reminder

Keep movements pain-free, modify as needed, and choose consistency over perfection.