



7-Day Summer Reset Guide

By Melissa, Founder of Making Strydz

Welcome!

This 7-day guide is designed to help you ease into summer with energy, clarity, and confidence. No extremes, no perfection—just small, meaningful strides forward in your fitness, nutrition, and mindset.



Daily Breakdown

Day 1: Reset Your Mindset

Focus: Let go of “all or nothing.”

- ✓ Write down one simple wellness goal for the week
- ✓ Affirmation: “Progress, not perfection.”
- ✓ Move your body for at least 10 minutes (walk, stretch, or dance it out)



Day 2: Move with Intention

Focus: Get strong from the inside out.

- ✓ 20-minute bodyweight strength workout
- ✓ Focus on form, not speed
- ✓ Post-workout fuel: Greek yogurt + berries or a protein smoothie

Day 3: Hydrate & Nourish

Focus: Energy from the inside out.

- ✓ Start your day with a full glass of water
- ✓ Add a veggie to every meal
- ✓ Try a summer salad with lean protein (like grilled chicken or chickpeas)





Day 4: Mindful Midweek

Focus: Tune into your body

- ✓ Do a midweek body scan—what feels strong? What needs rest?
 - ✓ 15-minute mobility session or gentle walk
- ✓ Journal: What am I proud of so far this week?

Day 5: Power Up

Focus: Fire up your motivation

- ✓ Full-body workout (strength + light cardio mix)
 - ✓ Eat a protein-rich breakfast
- ✓ Choose a positive podcast or playlist to boost your mood

Day 6: Summer Self-Care

Focus: Rest + recharge

- ✓ Sleep in or take a nap
- ✓ Do something that makes you feel good—outdoors if possible
- ✓ Write 3 things you're grateful for

Day 7: Reflect & Plan

Focus: Keep the momentum going

- ✓ Reflect on your wins from the week
- ✓ Choose 1–2 habits to carry into next week
- ✓ Plan your next workout or prep a few healthy meals

💡 Need Support Staying Consistent?

If this reset felt good and you want to keep the momentum going, I'd love to help. Explore my coaching options or book a free consult at:

👉 www.makingstrydz.com

