

Simple Daily Steps to Rebuild Your Health

# 7-Day Foundations Reset

**Build Your Health with Simple Daily Habits**



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# Welcome

This guide is designed to simplify health.

Not overwhelm you.

Not restrict you.

Not complicate your life.

But to bring you back to the foundations  
your body was designed to thrive on.

Small steps. Done consistently.

That's where real change happens.



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# How This Works

This guide is designed to be simple, practical, and doable.  
Each day focuses on one foundational habit.

## Learn

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**Understand why  
it matters**

## Take Action

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**Apply one  
simple step**

## Reflect

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**Build awareness  
and consistency**

You don't need perfection.  
*You need consistency.*

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# The Foundations of Health

True health is built on simple, consistent daily habits.



**Real Food**



**Hydration**



**Movement**



**Sleep**



**Sunlight**



**Stress**



**Environment**



*Health is built in the daily choices  
most people overlook.*

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# Day 1 - Eat Real Food



## Why it Matters

Your body recognizes real food.  
It knows what to do with it.




Ultra-processed foods disrupt normal biological processes and can contribute to inflammation, fatigue, and cravings.



### TODAY'S ACTION

Eat at least 2 meals  
made from whole foods

## Simple Swaps

-  Packaged snacks → fruit, nuts
-  Refined oils → olive oil, avocado oil
-  Fast food → home-prepared meals



## Checklist

- Ate at least one whole food meal
- Avoided ultra-processed snacks
- Read ingredient labels
- Cooked or prepared food at home

## Reflection

*How did your body feel today?*

*Did you notice any changes in energy, digestion, or cravings?*

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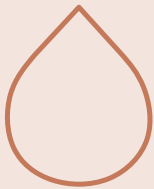
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# Day 2 - Hydrate Your Body

## Why it Matters

Water is essential for every function in your body.




Even mild dehydration can lead to fatigue, headaches, poor focus, and increased cravings.



### TODAY'S ACTION

Drink at least half your body weight in ounces of water

## Simple Upgrades

-  Add a pinch of sea salt for mineral balance
-  Add lemon for taste and digestion
-  Start your day with water before caffeine

## Reflection

*Did you notice changes in energy, focus, or hunger?  
How consistent were you with your water intake?*

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## Checklist

- Drank water first thing in the morning
- Stayed consistent throughout the day
- Reduced sugary drinks
- Noticed thirst cues



# Day 3 - Move Your Body

## Why it Matters

Your body was designed to move.

Movement supports circulation, lymphatic flow, metabolism, and mental clarity.





Even small amounts of daily movement can significantly improve how you feel.



### TODAY'S ACTION

Move your body for 20–30 minutes

## Simple Ideas

-  Go for a walk outside
-  Stretch or do mobility work
-  Strength train or do bodyweight exercises
-  Take movement breaks throughout the day

## Reflection

*How did movement impact your energy and mood today?*

*What type of movement felt best for your body?*

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## Checklist

- Moved intentionally for 20+ minutes
- Got outside if possible
- Took breaks from sitting
- Noticed energy and mood changes

# Day 4 - Prioritize Sleep



## Why it Matters

Sleep is when your body repairs, restores, and resets.

Poor sleep impacts hormones, metabolism, immune function, and mental clarity.





Quality sleep is one of the most powerful tools for healing.



### TODAY'S ACTION

Create a simple wind-down routine tonight

## Simple Routine

-  Dim lights 1 hour before bed
-  Avoid screens before sleep
-  Keep a consistent bedtime
-  Create a calm, quiet environment



## Checklist

- Started wind-down routine
- Reduced screen exposure
- Went to bed at a consistent time
- Created a calm sleep environment

## Reflection

*How did your sleep feel compared to usual?*

*What helped you feel more relaxed tonight?*

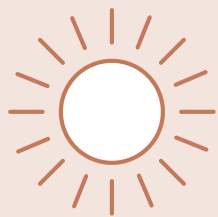
# Day 5 - Get Natural Sunlight



## Why it Matters

Sunlight plays a critical role in regulating your circadian rhythm, hormones, and mood.





It helps your body produce vitamin D and supports energy, sleep quality, and overall well-being.



### TODAY'S ACTION

Get 10–20 minutes of natural sunlight

## Simple Ways

-  Step outside first thing in the morning
-  Take a short walk during the day
-  Sit near a window with natural light
-  Combine sunlight with movement



## Checklist

- Got outside for sunlight
- Spent time in morning light
- Reduced artificial light exposure
- Noticed mood or energy changes

## Reflection

*Did you notice changes in mood, energy, or sleep?  
How did natural light affect your day?*

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# Day 6 - Reduce Stress



## Why it Matters

Chronic stress affects every system in the body.

It can disrupt hormones, digestion, sleep, and immune function.

Learning to slow down and regulate your nervous system is essential for long-term health.



### TODAY'S ACTION

Take 10 minutes to intentionally slow down

## Simple Practices

- Take slow, deep breaths
- Sit in silence or stillness
- Spend time outside in nature
- Journal or reflect



## Checklist

- Took intentional quiet time
- Practiced deep breathing
- Reduced noise or screens
- Felt more calm or aware

## Reflection

*How did slowing down affect your body and mind?*

*What helped you feel most calm today?*

# Day 7 – Clean Your Environment

## Why it Matters

Your environment influences your health every day.

From the products you use to the air you breathe and the food you eat—small exposures add up over time.





Reducing your toxic load supports your body's ability to function and heal.



### TODAY'S ACTION

Replace one toxic product with a cleaner option

## Simple Practices

-  Switch to cleaner skincare products
-  Replace harsh cleaning products
-  Choose whole, unprocessed foods
-  Avoid artificial fragrances



## Checklist

- Replaced one product
- Read ingredient labels
- Reduced toxin exposure
- Felt more aware of environment

## Reflection

*What changes will you continue after this week?*

*What felt most impactful for your health?*

# Nourishing Power Bowl

Build balanced meals with simple, whole ingredients



## Base

Quinoa, brown rice, or greens

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## Protein

Chicken, salmon, eggs, or chickpeas

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## Vegetables

Roasted or fresh vegetables

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## Healthy Fat

Avocado, olive oil, nuts, or seeds

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## Flavor

Herbs, lemon, fermented foods, simple dressing



## Simple Tips

- Keep ingredients simple and seasonal
- Prep components ahead of time
- Rotate ingredients to avoid boredom
- Focus on whole, real foods

# Your Progress

Take a moment to reflect on your week.

What felt easiest for you this week?

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What felt most challenging?

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What changes did you notice in your body or energy?

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What habits will you continue moving forward?

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*Small steps, done consistently,  
create lasting change.*

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