



THE LAST 90 DAYS

A Gentle Year-End Wellness Reset

Finish this year differently, so you can start next year better.

Restore • Hydrate • Move • Nourish • Connect

90 days of small, intentional choices for more energy, balance, and clarity.

Build the healthy balanced life you deserve.



WELCOME

Begin Before January

You do not have to wait for a new year to begin feeling better.

The final 90 days of the year can be a gentle runway into the next one. Instead of waiting for January 1 to overhaul your life, use this time to practice small, intentional choices that support your energy, health, and sense of balance.

This is not a perfection challenge. It is an invitation to notice what helps, let go of what does not, and build a few practices that fit your real life.

A missed day does not erase your progress. Begin again with the next choice.

Your five daily anchors

Restore Create a small pocket of recovery through rest, breathing, quiet, or another calming practice.

Hydrate Keep water within reach and drink regularly throughout your day.

Move Choose movement that works for your body and your schedule.

Nourish Choose foods that help you feel satisfied, steady, and energized.

Connect Notice something good, connect with someone you care about, or reconnect with yourself.

You do not need five checkmarks to have a successful day. Every choice that supports your well-being counts.



DAYS 1-30

RESET

Start where you are.

The first 30 days are about returning to the basics and becoming more aware of what your body and mind need. Before changing everything, notice what is already working and where a little support could make life feel easier.

Awareness before perfection.

Focus on

- Consistent hydration
- Nourishing meals and snacks
- Gentle, enjoyable movement
- Sleep and intentional rest
- Simple nervous-system support, such as slow diaphragmatic breathing

Weekly check-in

What helped me feel more grounded this week?

When did I notice my energy dip?

What is one small thing I want to repeat next week?



RESET TRACKER

Days 1-30

Small choices count. Mark what supports you today.

Day	Restore	Hydrate	Move	Nourish	Connect
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐
14	☐	☐	☐	☐	☐
15	☐	☐	☐	☐	☐
16	☐	☐	☐	☐	☐
17	☐	☐	☐	☐	☐
18	☐	☐	☐	☐	☐
19	☐	☐	☐	☐	☐
20	☐	☐	☐	☐	☐
21	☐	☐	☐	☐	☐
22	☐	☐	☐	☐	☐

23	☐	☐	☐	☐	☐
24	☐	☐	☐	☐	☐
25	☐	☐	☐	☐	☐
26	☐	☐	☐	☐	☐
27	☐	☐	☐	☐	☐
28	☐	☐	☐	☐	☐
29	☐	☐	☐	☐	☐
30	☐	☐	☐	☐	☐

No perfect streak required. Notice your patterns, celebrate what helped, and begin again whenever you need to.



DAYS 31-60

REBALANCE

Protect what helps you feel well.

As the end-of-year pace picks up, this phase is about creating routines that fit real life. Instead of adding more, look for ways to protect your energy and make supportive choices easier.

Small choices repeated consistently can change how you feel.

Focus on

- Setting and honoring realistic boundaries
- Scheduling recovery time before you are depleted
- Including protein, fiber, and nourishing foods consistently
- Choosing movement you actually enjoy
- Noticing what drains your energy and what restores it

A gentle question to practice

Does this choice support the way I want to feel?

Use that question with your schedule, commitments, food, movement, rest, and expectations. The goal is not to make the perfect choice every time. It is to make more choices that align with what matters to you.



REBALANCE TRACKER

Days 31-60

Small choices count. Mark what supports you today.

Day	Restore	Hydrate	Move	Nourish	Connect
31	☐	☐	☐	☐	☐
32	☐	☐	☐	☐	☐
33	☐	☐	☐	☐	☐
34	☐	☐	☐	☐	☐
35	☐	☐	☐	☐	☐
36	☐	☐	☐	☐	☐
37	☐	☐	☐	☐	☐
38	☐	☐	☐	☐	☐
39	☐	☐	☐	☐	☐
40	☐	☐	☐	☐	☐
41	☐	☐	☐	☐	☐
42	☐	☐	☐	☐	☐
43	☐	☐	☐	☐	☐
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45	☐	☐	☐	☐	☐
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47	☐	☐	☐	☐	☐
48	☐	☐	☐	☐	☐
49	☐	☐	☐	☐	☐
50	☐	☐	☐	☐	☐
51	☐	☐	☐	☐	☐
52	☐	☐	☐	☐	☐

53	☐	☐	☐	☐	☐
54	☐	☐	☐	☐	☐
55	☐	☐	☐	☐	☐
56	☐	☐	☐	☐	☐
57	☐	☐	☐	☐	☐
58	☐	☐	☐	☐	☐
59	☐	☐	☐	☐	☐
60	☐	☐	☐	☐	☐

No perfect streak required. Notice your patterns, celebrate what helped, and begin again whenever you need to.



DAYS 61-90

RESTORE & REFLECT

Finish intentionally.

The final stretch often overlaps with one of the busiest seasons of the year. Rather than putting wellness on hold until January, keep returning to the small practices that help you feel like yourself.

Your wellness can flex with the season without disappearing.

Focus on

- Keeping a few non-negotiable wellness anchors
- Making room for joy, connection, and meaningful traditions
- Letting go of expectations that create unnecessary stress
- Building recovery time into busy days
- Noticing which habits you want to bring into the new year

Before the final day

Look back through your tracker. Do not just count checkmarks. Look for patterns. Which practices changed the way you felt? Which ones became easier? What helped you recover when life became busy?

What I want to remember



RESTORE & REFLECT TRACKER

Days 61-90

Small choices count. Mark what supports you today.

Day	Restore	Hydrate	Move	Nourish	Connect
61	☐	☐	☐	☐	☐
62	☐	☐	☐	☐	☐
63	☐	☐	☐	☐	☐
64	☐	☐	☐	☐	☐
65	☐	☐	☐	☐	☐
66	☐	☐	☐	☐	☐
67	☐	☐	☐	☐	☐
68	☐	☐	☐	☐	☐
69	☐	☐	☐	☐	☐
70	☐	☐	☐	☐	☐
71	☐	☐	☐	☐	☐
72	☐	☐	☐	☐	☐
73	☐	☐	☐	☐	☐
74	☐	☐	☐	☐	☐
75	☐	☐	☐	☐	☐
76	☐	☐	☐	☐	☐
77	☐	☐	☐	☐	☐
78	☐	☐	☐	☐	☐
79	☐	☐	☐	☐	☐
80	☐	☐	☐	☐	☐
81	☐	☐	☐	☐	☐
82	☐	☐	☐	☐	☐

83	☐	☐	☐	☐	☐
84	☐	☐	☐	☐	☐
85	☐	☐	☐	☐	☐
86	☐	☐	☐	☐	☐
87	☐	☐	☐	☐	☐
88	☐	☐	☐	☐	☐
89	☐	☐	☐	☐	☐
90	☐	☐	☐	☐	☐

No perfect streak required. Notice your patterns, celebrate what helped, and begin again whenever you need to.



YEAR-END REFLECTION

Before You Set Your New Year's Goals...

Look at what you've already started.

What am I most proud of from these 90 days?

Which habits or choices helped me feel better?

What consistently drained my energy?

What became easier with practice?

What did I learn about the kind of rest and recovery I need?

What am I ready to leave behind with this year?

What do I want to carry forward into the new year?

You're not starting over on January 1. You're moving forward with 90 days of practice behind you.

