



The Atlas 7-Day Better Health Reset

A simple starting point for busy adults who want to
feel better, move better, and stop putting their health last.



No perfect schedule required.
Just better decisions, one day at a time.



Your health should fit into your real life,
not punish you for having one.

Welcome

What This Reset Is

This 7-day reset is designed to help you build momentum in the areas that matter most: movement, protein, hydration, sleep, and daily structure.



This is not a crash diet.



This is not punishment.



This is not all-or-nothing.



This is a simple reset to help you feel better, move better, and start taking care of the body that carries your life.



Built around real life.

How to Use This Reset

Your goal is to complete the basics, not chase perfection.

6 DAILY TARGETS

1



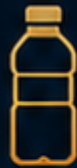
Move: Move an additional 10-30min/day

2



Protein: ADD an extra +30-60g of Protein throughout the day

3



Hydrate: Start day with 16oz water, if you feel thirsty you're already dehydrated.

4



Eat better: +1 Fruit +1 Vegetable for the day. no food 3 hours before bed.

5



Sleep: Start sleep routine 30min earlier. Sleep mask if available.

6



Check in: 60 Second morning Game Plan for the Day: Plan your wins before the day gets busy.



Atlas Rule

If you miss a target, **DO NOT** throw the whole day away. Get back up and focus on the next target in the day.



Set Yourself Up to Succeed

A little planning makes follow-through easier.

2 SIMPLE STEPS

1 Before Day

- ✓ Choose 2 easy protein foods
- ✓ Fill and place your water bottle
- ✓ Decide when you will move
- ✓ Set a bedtime reminder

2 60-Second Morning Game Plan



When will I move today? _____



What is my easiest protein choice? _____



How will I keep water nearby? _____



What might get in the way? _____



What is my backup plan? _____



Atlas Reminder

Decide your wins before the day gets busy.
A little planning makes follow-through easier.



Food Made Simple

Make the next meal better, not perfect.

4 SIMPLE RULES



Protein First

Build meals around protein. Aim for 1–2 palm-sized servings when possible.



Add Produce

Include at least 1 fruit or 1 vegetable with your meals when you can.



Use Smart Carbs

Rice, potatoes, oats, fruit, or bread can fit. Use portions that match your day.



Choose Better Drinks

Water, sparkling water, or low-calorie drinks make follow-through easier.

Easy Protein Ideas

- Eggs
- Greek yogurt
- Cottage cheese
- Chicken
- Fish or tuna
- Lean beef
- Tofu
- Protein shake



Atlas Reminder

You do not need perfect meals.
Improve the meal already in front of you.



Movement & Sleep Made Simple

Keep it realistic. Build momentum and recover better.

2 SIMPLE FOCUS AREAS



Choose Your Movement Level

- | | | |
|---|-----------------------|---|
| ① | Starting Point | 10-minute walk |
| ② | Build Momentum | 20 minutes of walking, mobility, or exercise |
| ③ | Ready for More | 30 minutes of purposeful movement or a full workout |

Walking counts. Mobility counts. Active play counts. It all adds up.



Simple Sleep Routine

- ✓ Pick a wind-down time
- ✓ Lower lights and reduce scrolling
- ✓ Prep tomorrow in 5 minutes
- ✓ Aim to get to bed 30 minutes earlier

Better sleep supports better energy, decisions, and recovery.



Atlas Reminder

You do not need perfect routines.
Make today a little better than yesterday.



When Real Life Happens

Reduce the target. Do not abandon the day.

BACKUP PLAN EXAMPLES

If this feels hard

Do this instead

- | | | |
|-----------------------|---|--|
| ① 30-minute workout | → | 10-minute walk |
| ② Perfect meal | → | Add one protein + one fruit or vegetable |
| ③ Full water goal | → | Drink one bottle now and refill it |
| ④ Full sleep routine | → | Go to bed 15 minutes earlier |
| ⑤ Missed morning plan | → | Restart at the next decision |

Doing the minimum still counts. Small wins keep momentum alive.

What still matters most

- ✓ Do something, not nothing.
- ✓ One missed target does not ruin the day.
- ✓ Your next decision matters more than the last one.



Atlas Reminder

The reset still works when you scale it down.
Progress is built by getting back on track quickly.



ATLAS HEALTH & FITNESS

7-DAY HEALTH RESET DAILY TRACKER

Small daily wins. Big long-term change.

DAILY TARGETS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 MOVE Add 10–30 minutes.	☐	☐	☐	☐	☐	☐	☐
 PROTEIN Add 30–60g throughout the day.	☐	☐	☐	☐	☐	☐	☐
 HYDRATE Start with 16oz and keep water nearby.	☐	☐	☐	☐	☐	☐	☐
 EAT BETTER Add 1 fruit + 1 vegetable.	☐	☐	☐	☐	☐	☐	☐
 SLEEP Begin your sleep routine 30 minutes earlier.	☐	☐	☐	☐	☐	☐	☐
 MORNING PLAN Take 60 seconds to plan your wins before the day gets busy.	☐	☐	☐	☐	☐	☐	☐



THIS WEEK'S FOCUS

What matters most for me this week?



NON-NEGOTIABLE

What would make this week feel like a win?



PROGRESS IS BUILT ON CONSISTENT, SMALL ACTIONS.

KEEP SHOWING UP FOR YOURSELF.

BUILT AROUND REAL LIFE.

Keep the Momentum Going

You are not starting over. Build from what worked.

AFTER YOUR 7 DAYS



Quick Reflection

- ① Which target helped you the most? _____
- ② Which target felt hardest? _____
- ③ What got in the way most often? _____
- ④ What helped you stay consistent? _____



Choose Your Keepers

Circle or check the 2–3 habits you want to keep going next week.

- | | |
|-------------------------------------|-------------------------------------|
| ☐ Move more | ☐ Eat better |
| ☐ Protein first | ☐ Sleep routine |
| ☐ Hydrate | ☐ Morning plan |



Your Next Step

- ✓ Keep your 2–3 chosen habits for the next 7 days.
- ✓ Make them easier before you try to make them harder.
- ✓ Small actions repeated consistently create real change.



Atlas Reminder

The goal was never perfection. The goal was to prove to yourself that better decisions can fit into real life.

If you want help turning this reset into a program tailored to your life and goals, Atlas is here to help.
Have feedback on this reset? Let Atlas know.