

Metabolism Reset Checklist: 14-Day Jumpstart to a Healthier, Stronger You

1 ■■ Nutrition & Fueling

- Eat balanced meals every 3–4 hours.
- Include protein at every meal (25–30g).
- Eat fiber-rich carbs (whole grains, fruits, vegetables).
- Add healthy fats daily (avocado, olive oil, nuts, salmon).
- Avoid extreme restriction—eat to feel satisfied.

2 ■■ Movement & Exercise

- Strength train 2–3 times per week (weights or bodyweight).
- Add daily low-intensity movement (walk, stretch, cycle).
- Stand or move for 2 minutes each hour.

3 ■■ Sleep & Recovery

- Get 7–8 hours of sleep nightly.
- Keep a consistent bedtime routine (reading, meditation).
- Limit caffeine after 2 PM.

4 ■■ Stress & Mindset

- Take 5–10 minutes daily for stress relief (breathing, journaling, prayer).
- Schedule daily ‘unplugged time.’
- Focus on progress, not perfection.

5 ■■ Hydration & Support

- Drink half your body weight in ounces of water daily.
- Limit sugary drinks and alcohol.
- Track how you feel—not just your weight.

■ **Bonus: Weekly Check-In**

- Did I fuel my body consistently?
- Did I move daily (even lightly)?
- Did I sleep well most nights?
- Did I handle stress in a healthy way?
- Do I feel stronger, more energized, or more balanced?

Your goal isn't rapid change—it's steady metabolic healing that makes fat burning your body's natural rhythm again.

■ **Call-to-Action:**

- Download the 14-Day Metabolism Reset Tracker to monitor your meals, movement, and mindset each day. Small changes add up—start your reset today!