



BEGINNER WELLNESS

GUIDE

SIMPLE HABITS TO HELP YOU BUILD
CONSISTENCY, IMPROVE YOUR
ENERGY AND STOP STARTING OVER.



W E L C O M E

First off, I want to say how proud I am of you for taking the first step toward becoming a healthier version of yourself.

So many women struggle with starting over, inconsistency, overwhelm and feeling like they have to be perfect to see results.

But real transformation doesn't happen through perfection.

It happens through small daily habits, consistency and learning how to create a lifestyle you can actually maintain.

This guide was created to help you simplify your wellness journey and focus on the foundations that truly matter.

You do NOT need to do everything perfectly. You just need to start ♡

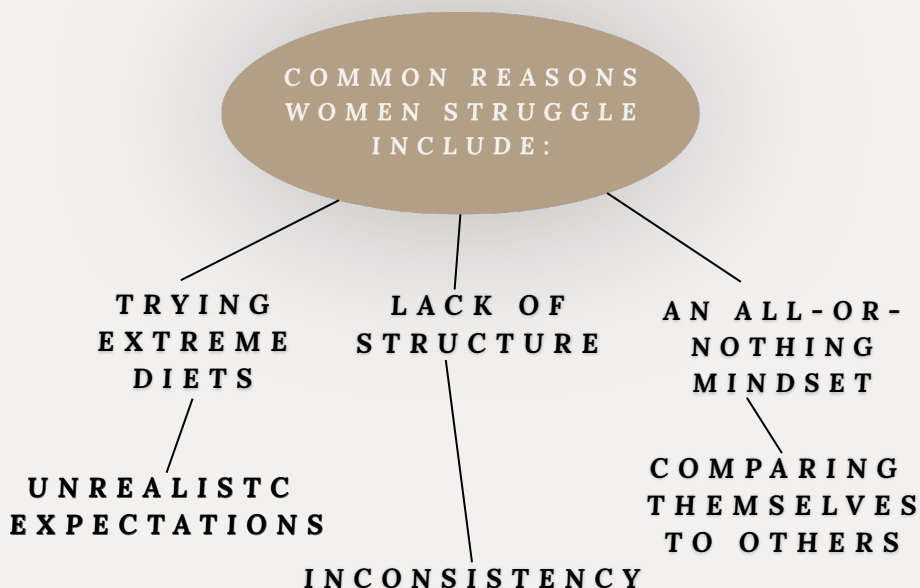


Why Most Women Keep Starting Over

If you've ever felt frustrated because you've started your wellness journey over and over again, you're not alone.

The truth is that most women don't struggle because they've been taught to chase quick results instead of building sustainable habits.

Many women find themselves stuck in a cycle of starting strong, becoming overwhelmed and eventually falling off track. The good news? Breaking that cycle doesn't require perfection-it requires consistency and a simple plan you can actually maintain.





The Foundations of Wellness

SECTION BREAKDOWN:

<i>HYDRATION:</i>	<i>GOAL: DRINK MORE WATER CONSISTENTLY</i>
<i>MOVEMENT:</i>	<i>DAILY MOVEMENT MATTERS MORE THAN PERFECTION</i>
<i>NUTRITION:</i>	<i>FOCUS ON BALANCE, PROTEIN, WHOLE FOODS</i>
<i>SLEEP & RECOVERY:</i>	<i>REST MATTERS TOO</i>
<i>MINDSET:</i>	<i>CONSISTENCY OVER MOTIVATION</i>



Your Daily Wellness Checklist

Your Daily Wellness *Checklist* Date : _____

- ☐ Drink water throughout the day _____
- ☐ Move your body for at least 20-30 minutes _____
- ☐ Include protein with your meals _____
- ☐ Stretch or breathe _____
- ☐ Get 7-8 hours of sleep _____
- ☐ Speak positively to yourself today _____

WEEKLY REFLECTION

This week I am proud of:

One habit I improved:

One thing I want to improve next week:



Start Here This Week

EXAMPLES

WALK 20 MINUTES DAILY

*DRINK HALF YOUR BODY
WEIGHT IN WATER*

PREP 1 HEALTHY MEAL DAILY

STRETCH BEFORE BED

REDUCE SUGARY DRINKS

NOW THAT YOU'VE LEARNED THE BASICS, IT'S TIME TO PUT THEM INTO ACTION.

THE 7-DAY WELLNESS RESET WAS CREATED TO HELP YOU BUILD MOMENTUM, RESET YOUR HABITS, IMPROVE YOUR ENERGY AND CREATE MORE STRUCTURE IN YOUR DAILY ROUTINE.

INSIDE THE RESET, YOU'LL RECEIVE:

- ✓ SIMPLE MEAL GUIDANCE
- ✓ WELLNESS HABITS
- ✓ HYDRATION GOALS
- ✓ MOVEMENT STRUCTURE
- ✓ MOTIVATION & ACCOUNTABILITY

THIS IS YOUR OPPORTUNITY TO STOP STARTING OVER AND FINALLY BEGIN CREATING CONSISTENCY THAT LASTS.

[Start The 7-Day Wellness Reset](#)