

THE RESET CO.

28-Day Reset Calendar

Four weeks. Four habits. Checkboxes, not food logs.

PRINTABLE • FILE 5 OF 8

How to Use This Calendar

Print these pages and put them somewhere you'll actually see them — the fridge, the pantry door, inside your planner. This is not a food diary. You will never write down what you ate, weigh anything, or count anything. You'll just check a few boxes each day.

Here's what each box means:

- **Protein anchor (B / L / D):** You built breakfast, lunch, and dinner around a palm-sized (or bigger) portion of protein — roughly 25–35 g. Check each meal you anchored. The Cheat Sheet on your fridge tells you what counts.
- **Water:** You drank water steadily through the day. Not a gallon challenge — just “I had water within reach and I drank it.”
- **Structure held:** Three real meals (plus an optional protein snack), no grazing between them, no skipped meals. One check for the whole day.
- **Strength:** Check this box on the 2 days you did your strength work — the No-Gym Starter from the guide, or your own class or gym session. Only 2 checks per week. The other 5 days, this box stays empty on purpose.
- **One small win:** One line. Anything. “Didn’t graze after dinner.” “Eggs instead of just coffee.” “Felt less puffy.” Small wins are the data that matters here.

A few ground rules:

- **An imperfect day still counts.** Four boxes out of six is a good day. Check what you did and move on.
- **You're never one meal away from failure.** A rough lunch doesn't cancel the day, and a rough day doesn't cancel the week. The next meal is the reset — there is no “start over Monday.”
- **The weeks layer.** Week 1 you focus on protein. Week 2 adds structure. Week 3 adds strength. Week 4 adds real life. You're not doing more work each week — you're letting the earlier habits run on autopilot while you learn one new thing.

TAKE THIS WITH YOU

Notice what's not on this calendar: no weight column, no calorie column, no “cheat day” tracker. That's deliberate. You're building habits, not passing a daily exam.

WEEK 1 — PROTEIN FIRST

This week has one job: anchor every meal with protein, starting with breakfast. Don't worry about being perfect at anything else yet. Most women notice less bloat and steadier energy by day 3-5 — watch for it.

Day	Date	Protein anchor B	Protein anchor L	Protein anchor D	Water	Structure held	Strength (2 days this wk)	One small win
Day 1	___	☐	☐	☐	☐	☐	☐	___
Day 2	___	☐	☐	☐	☐	☐	☐	___
Day 3	___	☐	☐	☐	☐	☐	☐	___
Day 4	___	☐	☐	☐	☐	☐	☐	___
Day 5	___	☐	☐	☐	☐	☐	☐	___
Day 6	___	☐	☐	☐	☐	☐	☐	___
Day 7	___	☐	☐	☐	☐	☐	☐	___

End of Week 1 — Reflection

1. Which meal was hardest to anchor with protein — breakfast, lunch, or dinner? (For most women it's breakfast. That's next week's easiest fix, because you'll pick one anchor and repeat it.)

2. Around day 3-5, did you notice anything shift — bloating, afternoon energy, how hungry you felt at night? Write down whatever you noticed, even if it's "nothing yet."

3. Which protein anchors did you actually enjoy? Circle your top 3 — those are your defaults now. (You don't need variety. You need repeatable.)

WEEK 2 — MEAL STRUCTURE

Protein keeps running in the background. This week's new habit: 3 real meals plus an optional protein snack, roughly every 3–5 hours — no grazing, no skipping. Structure is what quiets the 9pm snack pull, because it keeps your blood sugar and hunger steady all day.

Day	Date	Protein anchor B	Protein anchor L	Protein anchor D	Water	Structure held	Strength (2 days this wk)	One small win
Day 8	___	☐	☐	☐	☐	☐	☐	___
Day 9	___	☐	☐	☐	☐	☐	☐	___
Day 10	___	☐	☐	☐	☐	☐	☐	___
Day 11	___	☐	☐	☐	☐	☐	☐	___
Day 12	___	☐	☐	☐	☐	☐	☐	___
Day 13	___	☐	☐	☐	☐	☐	☐	___
Day 14	___	☐	☐	☐	☐	☐	☐	___

End of Week 2 — Reflection

1. When did grazing try to sneak back in — a time of day, a room in the house, a mood? Name the moment. (You can't fix a pattern you haven't spotted.)

2. Look at your longest gap between meals this week. Was it over 5 hours? If so, what's one realistic way to close it — an earlier lunch, a planned protein snack?

3. How did evenings feel compared to two weeks ago — the 9pm cravings, the standing-in-front-of-the-pantry moments? Better, same, or worse?

WEEK 3 — STRENGTH SUPPORT

Protein and structure keep running. This week you start the strength habit for real: 2 sessions, about 20 minutes each — the No-Gym Starter from the guide, or whatever you already like. The Strength box has been waiting for this week. Muscle is the engine you’re feeding; this is where the eating and the training start working together.

Day	Date	Protein anchor B	Protein anchor L	Protein anchor D	Water	Structure held	Strength (2 days this wk)	One small win
Day 15	___	☐	☐	☐	☐	☐	☐	___
Day 16	___	☐	☐	☐	☐	☐	☐	___
Day 17	___	☐	☐	☐	☐	☐	☐	___
Day 18	___	☐	☐	☐	☐	☐	☐	___
Day 19	___	☐	☐	☐	☐	☐	☐	___
Day 20	___	☐	☐	☐	☐	☐	☐	___
Day 21	___	☐	☐	☐	☐	☐	☐	___

End of Week 3 — Reflection

1. Did you get both strength sessions in? If yes — which days worked, so you can claim them as your permanent slots? If no — what got in the way, honestly, and what’s the smallest version you could do next week (even 10 minutes counts)?

2. Which movements felt hardest, and which surprised you by feeling doable? (Write it down – in a month you’ll want proof of how far you’ve come.)

3. Did you eat a protein-anchored meal within a couple of hours of each session? If not, which anchor could you park next to your workout days?

WEEK 4 — REAL-LIFE FLEXIBILITY

Everything keeps running. This week’s assignment is different: take the Reset out into the real world on purpose – one restaurant meal, one social event, one “life happened” day, handled with the Next-Meal Rule instead of a restart. This is the week that decides whether the last three stick, because a plan that only works in a quiet kitchen isn’t a plan.

Day	Date	Protein anchor B	Protein anchor L	Protein anchor D	Water	Structure held	Strength (2 days this wk)	One small win
Day 22	___	☐	☐	☐	☐	☐	☐	___
Day 23	___	☐	☐	☐	☐	☐	☐	___
Day 24	___	☐	☐	☐	☐	☐	☐	___
Day 25	___	☐	☐	☐	☐	☐	☐	___
Day 26	___	☐	☐	☐	☐	☐	☐	___
Day 27	___	☐	☐	☐	☐	☐	☐	___
Day 28	___	☐	☐	☐	☐	☐	☐	___

End of Week 4 — Reflection

1. Tell the story of your on-purpose restaurant meal or social event: what did you order or choose, and what did the *next* meal look like? (If the next meal was just a normal meal — no punishment, no “making up for it” — that’s the whole skill.)

2. Was there a day this week that would have triggered a full “start over Monday” spiral a month ago? What did you do instead?

3. Of everything you’ve practiced these 28 days, which 2–3 habits felt so normal this week that you’d barely call them habits anymore? Those are your keepers for days 29–90.

DAY 28 — WHAT CHANGED

A non-scale inventory. The scale is the least interesting measure of the last four weeks — body recomposition often barely moves it while everything else changes. Fill in both columns honestly. “Before” is you on Day 0; “now” is you today.

What we’re measuring	Before (Day 0)	Now (Day 28)
Energy — afternoon slump? Running on fumes by dinner?	___	___
Sleep — falling asleep, staying asleep, waking rested	___	___
Clothes — how the waistband fits, which jeans you reach for	___	___
Strength — stairs, groceries, getting off the floor, your No-Gym Starter numbers	___	___
Cravings — the 9pm pantry pull, the 3pm sugar dip	___	___
Waist — an honest measure or just how a favorite waistband sits	___	___

TAKE THIS WITH YOU

Read your “now” column out loud. That’s four weeks of eating *more* protein, not less food — no tracking, no forbidden foods, no starving. Days 29–90 are where these habits compound (Chapter 13 of the guide shows you exactly how). You’re not starting over. You’re just continuing.
