



7-Day Lifestyle Reset

Gentle, evidence-based habits for busy professionals

By Dr. Danika

WELCOME



Hi — I'm Dr. Danika.

Welcome to your 7-Day Reset. This guide is designed to gently reintroduce small, high-impact habits that help you rebuild energy, focus, and consistency — without pressure or perfection. Each day offers one tiny action, a quick evidence insight, and a step you can do even on days when life feels full.

Why this approach? Research in lifestyle medicine and habit science shows that the smallest consistent changes often lead to the biggest and most sustainable transformations. Think of this reset as your safe, simple starting point — a week of tiny wins that build momentum.

Who This Is For



This reset is for you if you...

- want small, realistic habits you can do even on busy days
- prefer gentle, evidence-based guidance instead of rigid rules
- are looking for a simple way to restart your habits without pressure
- are a beginner in lifestyle changes and want something easy to follow
- want to feel more consistent, energized, and supported
- like calm, compassionate approaches that meet you where you are

If this sounds like you, you're in the right place.

Welcome — I'm happy you're here. 💙

Who This Reset May Not Be For

This guide may not be the right fit if you currently need:

- individualized medical nutrition therapy
- care for active eating disorders
- urgent or specialized medical treatment
- a therapeutic or diagnostic plan

If any of these apply, it's best to work closely with your healthcare team, who can support you more personally and safely.

This reset is meant to be a gentle companion — not a replacement for medical care.

You deserve support that fits your needs. 💙

How to Use This Guide



1. Start each day by reading the **WHY** (the evidence) and the **DO** (the action).
2. Do the action today — even 2–15 minutes counts.
3. Tick the tracker and write one small win.
4. For best results, repeat daily, reflect gently, and use the identity reminder:
"I am someone who..."



DAY 1: IDENTITY + HABIT FOUNDATIONS



Habit:

Choose one identity statement and one tiny habit (2–5 minutes) to help you live it out today.

WHY (evidence):

Identity-based habits help you stay consistent because they focus **on who you are becoming**, not just the outcome.

Tiny actions done daily — and tracked — help you build real momentum.

DO:

Write your identity statement: *"I am someone who ____."*

Example: *"I'm someone who chooses health."*

Choose one tiny habit that proves this identity (e.g., drink a glass of water after brushing your teeth).

Write it down and add it to your tracker.

DAY 2: ENVIRONMENT RESET

(Food + Work Cues)



Habit:

Make 2 simple environment changes to make the healthy choice the easy choice.

WHY (evidence):

The physical environment is a primary driver of behavior — visible, accessible foods and cues strongly influence choices. Designing the environment reduces the need for willpower.

DO (examples):

Place fruit or a protein snack somewhere easy to see.

Store sweets in a closed drawer or cabinet (somewhere difficult to reach).

Keep your water bottle at your desk or in your bag so it's within reach.

Take a photo if you'd like and add the win to your tracker.



DAY 3: MOVEMENT — 10-MIN STRENGTH or 2-MIN MICROBURSTS



Habit:

Do 10 minutes of simple strength exercises each day

—or—

Do 2-minute movement “microbursts” every hour.

WHY (evidence):

Short, frequent bouts of movement are shown to improve:

- muscle strength and function
- metabolic health and glucose control
- energy and mood
- overall consistency (especially for busy schedules)

Research shows that even 2 minutes of activity at a time can lower post-meal glucose spikes and reduce the health risks of long sitting. Tiny bouts count — and they add up.

DO (example 10-min):

- 3 sets: 10 squats → 8 push-ups (knee pushups ok) → 12 glute bridges.
- Or microburst: 2 minutes of stair climbs or fast walks every hour.

Choose whichever fits your day. Both options support metabolic health, strength, and long-term habits.

DAY 4 — FIBER-FIRST MEAL



Habit:

Choose one main meal today and start by eating a fiber-rich whole plant food such as vegetables, beans, lentils, tofu, or leafy greens.

WHY

- Beginning a meal with fiber-rich foods supports steadier energy and reduces glucose spikes.
- Fiber helps increase fullness and naturally lowers cravings.
- Legumes, tofu, and vegetables offer plant protein + fiber to support digestion, muscle health, and metabolic balance.

DO (What to Do Today):

- For one meal today: Eat your vegetables or legumes first (e.g., a small salad, sautéed greens, tofu, beans, lentils).
 - Then enjoy the rest of your meal as usual.
 - After the meal, write one quick note in your tracker:
"How was my fullness or cravings later?"
-

DAY 5: STRESS RESET

**Habit:**

5 minutes of nervous-system downregulation (breathwork, short mindful walk, body scan).

WHY (evidence):

Even a few minutes of daily stress-reduction can lower physiological stress markers and improve focus, mood, and eating patterns.

These simple practices are widely recommended in lifestyle medicine.

DO (options):

4-7-8 breathing for 4 cycles; 5-minute outdoor walk; or 5-minute seated body scan. Note how you feel after.



DAY 6: HYDRATION RESET



Habit:

Aim for ~30–35 ml × body weight (kg) across the day; keep water within reach.

WHY (evidence):

Mild dehydration (1–2%) can impair attention, psychomotor performance and perceived energy. Adequate hydration supports cognition and appetite regulation.

DO:

- Fill a bottle and mark two refill times (e.g., mid-morning, mid-afternoon).
 - Use electrolytes only if you're sweating a lot or working in heat.
-

DAY 7: REFLECTION & NEXT STEP



Habit:

Write three short reflections: one win you're proud of, one barrier you noticed, and one tiny habit you'll carry into next week.

WHY (evidence):

Reflecting on progress strengthens learning, builds confidence, and reinforces helpful behaviors.

Positive reinforcement boosts long-term consistency.

DO: Complete the 7-day tracker:

- Tick your days.
- Note energy and stress.
- Write your single habit to carry forward.



Closing



You've completed a week of small actions that build real momentum. Keep your identity statement and one tiny habit with you as you move into next week.

If you'd like community support as you continue your reset, reply to join the Lifestyle Reset Group.

— Dr. Danika

Disclaimer



This 7-Day Reset guide offers simple, evidence-based habits to support your wellbeing. It isn't a substitute for personalized medical care or therapy. If you have medical conditions, need medication adjustments, or have more complex health needs, please check in with your clinician for guidance that fits you.