30 Day Longevity Reset *Challenge*



Small daily moves. Big lifelong results.

30 Day Longevity Reset Challenge

Challenge Overview

What This Challenge Is

This isn't "go hard for 30 days and crash." The purpose is to build habits you can actually keep.

How It Works

Each day includes 3 simple pillars:

1. **Move (Body)**
   Short, doable workouts (10–20 min max)

2. **Nourish (FoodRx)**
   One small nutrition focus

3. **Reset (Mind + Habits)**
   Tiny habit, mindset, or lifestyle tweak



30 Day Longevity Reset *Challenge*

INSTRUCTIONS: Cross off or fill in each day of the 30 day challenge as you complete it. The specific goals for each day are detailed starting on the next page. Good luck!

Start date _____ End date _____

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Reflection _____

_____

_____

_____

NAME:

DATE:

30 Day Challenge

Day 1: Let's Get Moving

week 1

MOVE

- [ ] 5-min walk
- [ ] 10 chair squats
- [ ] 10 wall push-ups

NOURISH

- [ ] Drink a full glass of water before coffee

RESET

- [ ] Move 1 minute every hour

BOOST

- [ ] Step outside for 2 minutes



NAME:

DATE:

30 Day Challenge

Day 2: Posture Reset Day

week 1

MOVE

☐ 10 shoulder rolls (each way)

☐ 10 wall angels

☐ 30-sec chest stretch

NOURISH

☐ Add protein to breakfast

RESET

☐ Check posture when using your phone

BOOST

☐ Take a quick posture “before” check



NAME:

DATE:

30 Day Challenge

Day 3: Circulation Boost

week 1

MOVE

- [ ] 10-min brisk walk
- [ ] 15 jumping jacks (or step jacks if needed)
- [ ] 10 calf raises

NOURISH

- [ ] Add 1 colorful fruit or veggie

RESET

- [ ] Don’t sit longer than 60 minutes

BOOST

- [ ] Pump your arms while walking



NAME:

DATE:

30 Day Challenge

Day 4: Core & Stability Starter *week 1*

MOVE

☐ 10 seated knee lifts (each side)

☐ 10 standing marches (each side)

☐ 20-sec wall or counter plank

NOURISH

☐ Add a healthy fat (avocado, nuts, olive oil)

RESET

☐ Eat one meal without distractions

BOOST

☐ Slow down and chew your food more



NAME:

DATE:

30 Day Challenge

Day 5: Mobility Flow

week 1

MOVE

- [ ] 5-min gentle flow (arm circles, twists, hip circles, stretch)
- [ ] 10 glute bridges
- [ ] 10 standing side leg lifts (each side)

NOURISH

- [ ] Swap one processed snack for a whole food

RESET

- [ ] Take 3 deep breaths before meals

BOOST

- [ ] Do movement barefoot if possible



NAME:

DATE:

30 Day Challenge

Day 6: Balance Builder

week 1

MOVE

- [ ] Stand on one foot (15–20 sec each)
- [ ] Heel-to-toe walk (10 steps)
- [ ] 10 sit-to-stands

NOURISH

- [ ] Drink 6–8 glasses of water

RESET

- [ ] Go to bed 15 minutes earlier

BOOST

- [ ] Balance on one foot while brushing teeth



NAME:

DATE:

30 Day Challenge

Day 7: Feel-Good Flow Day

week 1

MOVE

- [ ] 10–15 min stretch or beginner yoga
- [ ] Cat-cow stretch (10 reps)
- [ ] Child's pose (30 seconds)

NOURISH

- [ ] Build a FoodRx Plate: Protein + Fiber + Healthy Fat

RESET

- [ ] Reflect: What felt GOOD this week?

BOOST

- [ ] Write down 1 small win



WEEK 1 REFLECTION

Week of:

Dates:

Top 3 Wins:	
1	
2	
3	

People & Connections:

What I learned:

I am grateful for:

What went well this week:	What needs improvement:

Mood avg (1–5): ○ ○ ○ ○ ○

Energy avg (1–5): ○ ○ ○ ○ ○

NAME:

DATE:

30 Day Challenge

Day 8: Let's Get Moving

week 2

MOVE

☐ 12 chair squats

☐ 10 reverse lunges (each side) (or step-backs)

☐ 12 glute bridges

NOURISH

☐ Add protein to lunch

RESET

☐ Stand tall when walking (no slouch strolls today)

BOOST

☐ Pause 1 second at the bottom of each squat



NAME:

DATE:

30 Day Challenge

Day 9: Posture Reset Day

week 2

MOVE

☐ 12 wall push-ups

☐ 12 bicep curls (dumbbells or water bottles)

☐ 12 overhead presses

NOURISH

☐ Add a fiber-rich food (beans, oats, veggies)

RESET

☐ Relax your shoulders down (no tension creeping up!)

BOOST

☐ Move slowly—control > speed



NAME:

DATE:

30 Day Challenge

Day 10: Circulation Boost

week 2

MOVE

- [ ] 20-sec plank (wall, counter, or floor)
- [ ] 10 bird dogs (each side)
- [ ] 20-sec single-leg stand (each side)

NOURISH

- [ ] Add a healthy fat

RESET

- [ ] Engage your core when standing (light brace, not rigid)

BOOST

- [ ] Pick a focal point while balancing



NAME:

DATE:

30 Day Challenge

Day 11: Core & Stability

week 2

MOVE

- [ ] 10 step-ups (each side) (stairs or sturdy surface)
- [ ] 12 sit-to-stands
- [ ] 10 side leg lifts (each side)

NOURISH

- [ ] Hydrate: aim for 6–8 glasses of water

RESET

- [ ] Take the stairs whenever possible today

BOOST

- [ ] Control the lowering (don’t drop down fast)



NAME:

DATE:

30 Day Challenge

Day 12: Upper Body + Posture *week 2*

MOVE

- [ ] 12 wall angels
- [ ] 12 rows (band or light weights)
- [ ] 10 tricep dips (chair or bench)

NOURISH

- [ ] Add a colorful veggie to dinner

RESET

- [ ] Check posture every time you sit

BOOST

- [ ] Squeeze shoulder blades together on rows



NAME:

DATE:

30 Day Challenge

Day 13: Core Confidence

week 2

MOVE

- [ ] 10 seated knee lifts (each side)
- [ ] 10 standing marches (each side)
- [ ] 20-sec plank hold

NOURISH

- [ ] Eat slowly at one meal

RESET

- [ ] Avoid mindless snacking today

BOOST

- [ ] Exhale fully during core movements



NAME:

DATE:

30 Day Challenge

Day 14: Strength Flow

week 2

MOVE

☐ 10 squats

☐ 10 wall push-ups

☐ 10 glute bridges

NOURISH

☐ Build a balanced plate (protein + fiber + fat)

RESET

☐ Reflect: Where do you feel stronger?

BOOST

☐ Repeat the circuit 2x if you feel good



WEEK 2 REFLECTION

Week of:

Dates:

Top 3 Wins:	
1	
2	
3	

People & Connections:

What I learned:

I am grateful for:

What went well this week:

What needs improvement:

Mood avg (1–5): ○ ○ ○ ○ ○

Energy avg (1–5): ○ ○ ○ ○ ○

NAME:

DATE:

30 Day Challenge

Day 15: Energy Builder

week 3

MOVE

- [ ] 12 squats
- [ ] 10 wall push-ups
- [ ] 20 marching steps (each side)

NOURISH

- [ ] Pair carbs with protein (no naked carbs today)

RESET

- [ ] Eat meals at consistent times

BOOST

- [ ] Start your day with protein



NAME:

DATE:

30 Day Challenge

Day 16: Walk + Wake Up

week 3

MOVE

- [ ] 12-min brisk walk
- [ ] 20 arm swings
- [ ] 10 calf raises

NOURISH

- [ ] Add fiber (veggies, oats, beans)

RESET

- [ ] Get daylight within 1 hour of waking

BOOST

- [ ] Walk after a meal (even 5 minutes counts)



NAME:

DATE:

30 Day Challenge

Day 17: Core + Control

week 3

MOVE

- [ ] 20-sec plank
- [ ] 10 bird dogs (each side)
- [ ] 10 glute bridges

NOURISH

- [ ] Add healthy fats

RESET

- [ ] Sit down and eat (no rushing meals)

BOOST

- [ ] Exhale fully during each rep



NAME:

DATE:

30 Day Challenge

Day 18: Strength + Flow

week 3

MOVE

☐ 10 lunges (each side)

☐ 10 rows

☐ 10 shoulder presses

NOURISH

☐ Add a colorful plate (2–3 colors)

RESET

☐ Limit added sugar today

BOOST

☐ Slow your reps down



NAME:

DATE:

30 Day Challenge

Day 19: Brain Boost

week 3

MOVE

- [ ] 10 step-ups (each side)
- [ ] 10 wall push-ups
- [ ] 20-sec balance hold (each side)

NOURISH

- [ ] Eat omega-3 rich foods (fish, walnuts, flax)

RESET

- [ ] Take 5 minutes of quiet time

BOOST

- [ ] Try one new food today



NAME:

DATE:

30 Day Challenge

Day 20: Metabolism Support

week 3

MOVE

- [ ] 12 squats
- [ ] 12 glute bridges
- [ ] 10 standing marches (each side)

NOURISH

- [ ] Don’t skip meals

RESET

- [ ] Avoid late-night snacking

BOOST

- [ ] Drink water before meals



NAME:

DATE:

30 Day Challenge

Day 21: Reset & Reflect

week 3

MOVE

☐ 10–15 min light movement or stretch

☐ 10 arm circles

☐ 10 torso twists

NOURISH

☐ Build a FoodRx Plate: Protein + Fiber + Healthy Fat

RESET

☐ Reflect: How’s your energy this week?

BOOST

☐ Write down 1 improvement you’ve noticed



WEEK 3 REFLECTION

Week of:

Dates:

Top 3 Wins:	
1	
2	
3	

People & Connections:

What I learned:

I am grateful for:

What went well this week:

What needs improvement:

Mood avg (1–5): ○ ○ ○ ○ ○

Energy avg (1–5): ○ ○ ○ ○ ○

NAME:

DATE:

30 Day Challenge

Day 22: Strength Basics

week 4

MOVE

- [ ] 12 squats
- [ ] 12 wall push-ups
- [ ] 12 rows

NOURISH

- [ ] Prioritize protein at each meal

RESET

- [ ] Plan your meals for tomorrow

BOOST

- [ ] Add 1 extra rep if it feels doable



NAME:

DATE:

30 Day Challenge

Day 23: Stability + Balance

week 4

MOVE

- [ ] 20-sec single-leg stand (each side)
- [ ] 10 step-backs (each side)
- [ ] 10 sit-to-stands

NOURISH

- [ ] Add leafy greens

RESET

- [ ] Slow down your eating

BOOST

- [ ] Balance while doing a daily task



NAME:

DATE:

30 Day Challenge

Day 24: Upper Body Strength *week 4*

MOVE

- [ ] 12 wall push-ups
- [ ] 12 shoulder presses
- [ ] 10 tricep dips

NOURISH

- [ ] Add fiber to every meal

RESET

- [ ] Check posture often

BOOST

- [ ] Control every rep



NAME:

DATE:

30 Day Challenge

Day 25: Core & Confidence

week 4

MOVE

- [ ] 20-sec plank
- [ ] 10 bird dogs (each side)
- [ ] 10 seated knee lifts

NOURISH

- [ ] Hydrate well today

RESET

- [ ] Avoid distractions while eating

BOOST

- [ ] Engage your core during daily tasks



NAME:

DATE:

30 Day Challenge

Day 26: Movement Integration

week 4

MOVE

☐ 10 squats

☐ 10 push-ups

☐ 10 lunges (each side)

NOURISH

☐ Build a balanced plate

RESET

☐ Take a short walk after meals

BOOST

☐ Repeat the circuit 2x if able



NAME:

DATE:

30 Day Challenge

Day 27: Feel Good Strength

week 4

MOVE

☐ 10 step-ups

☐ 10 rows

☐ 10 glute bridges

NOURISH

☐ Add healthy fats

RESET

☐ Reflect: What habits are sticking?

BOOST

☐ Move with intention (not autopilot)



NAME:

DATE:

30 Day Challenge

Day 28: Lifestyle Lock-In

week 4

MOVE

☐ 10–15 min movement of choice

☐ 10 arm circles

☐ 10 calf raises

NOURISH

☐ Eat balanced meals

RESET

☐ Plan your next week

BOOST

☐ Celebrate how far you've come



NAME:

DATE:

30 Day Challenge

Day 29: Reset Day

MOVE

☐ Light walk or stretch

NOURISH

☐ Whole, simple foods only

RESET

☐ No distractions during meals

BOOST

☐ Early bedtime



NAME:

DATE:

30 Day Challenge

Day 30: Reflection + Identity Shift

MOVE

☐ Movement you enjoy most

NOURISH

☐ Build your ideal plate

RESET

☐ Reflect: Who have you become?

BOOST

☐ Write your “next 30 days” plan



WEEK 4 REFLECTION

Week of:

Dates:

Top 3 Wins:	
1	
2	
3	

People & Connections:

What I learned:

I am grateful for:

What went well this week:

What needs improvement:

Mood avg (1–5): ○ ○ ○ ○ ○

Energy avg (1–5): ○ ○ ○ ○ ○

WOOHOO Congrats!!
You made it!

I can't wait to hear about your 30 days, and your plan for your next 30!!

let's connect!



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