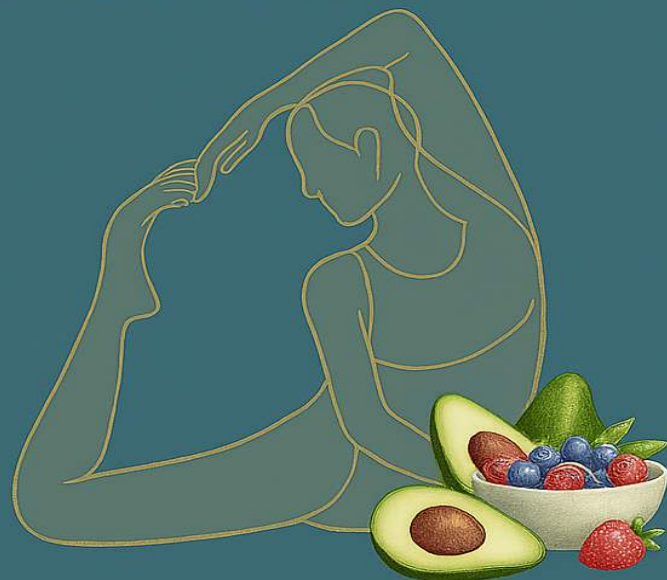




7-DAY METABOLIC RESET CHECKLIST

BY AGELESS WELLNESS LAB



GET THE FULL GUIDE



The 7-Day Reset Quick Checklist

A simple, gentle way to support your metabolism, energy, and overall wellness – one day at a time.

DAY 1 – Reset & Mindfulness

- Take 3–5 slow breaths
- Read the Day 1 page in your guide
- Choose one calming practice (breathing, grounding, stillness)
- Notice how your body feels today

DAY 2 – Hydration & Minerals

- Drink water first thing in the morning
- Add minerals or electrolytes
- Sip water throughout the day (not chug)
- Notice your energy and digestion

DAY 3 – Movement & Energy Boost

- Do your 10–12 minute morning movement
- Take 2–3 movement breaks (10 AM, 2 PM, 4 PM)
- Optional: gentle afternoon walk or stretch
- Notice how movement affects your energy

DAY 4 – Mindset & Clarity

- Choose one mindset practice (journaling, visualization, affirmation)
- Slow down your thoughts
- Notice your internal dialogue
- Reflect on what feels supportive today

DAY 5 – Gratitude & Focus

- Write down 3 things you're grateful for
- Choose one intention for the day
- Return to it when your mind wanders
- Notice what feels good

DAY 6 – Energy & Consistency

- Eat meals at consistent times
- Sip water throughout the day
- Add gentle movement
- Notice what supports steady energy

DAY 7 – Celebrate Progress

- Reflect on what changed this week
- Celebrate one thing you're proud of
- Notice what your body responded well to
- Complete your free health assessment

How to Use This Checklist

This checklist is designed to help you build gentle, supportive habits that your body can actually maintain — especially after 50.

Start where you are

You don't need to do everything perfectly.

You don't need to check every box.

You don't need to “catch up.”

Just choose one or two things each day and let your body guide you.

Keep it simple

Each day has a theme. Each theme supports your metabolism in a different way. Small steps create big shifts — especially when they're consistent.

Notice what feels good

Your body is always communicating. This week is about listening, not forcing.

Use this checklist daily or weekly

Some women repeat the checklist every week. Some use it as a gentle daily reminder. Some use it to stay grounded during busy seasons. There's no wrong way to use it — only the way that feels supportive to you.

What to Do Next

You've taken a beautiful first step by downloading this checklist. If you're ready for deeper support, more structure, and a full guided experience, I created something just for you:



The 7-Day Metabolic Reset Guide

Inside the full guide, you'll find:

- daily pages with deeper explanations
- morning + evening routines
- mindset prompts
- movement guidance
- hydration strategies
- energy-supporting habits
- senior-friendly wellness tools
- a calming, feminine layout
- a simple structure you can repeat anytime

This checklist gives you a taste — the guide gives you the full experience.

Why I Created It

As a woman in this season of life myself, I know how overwhelming wellness can feel. I wanted to create something simple, supportive, and science-backed — something that feels like a breath of fresh air, not another thing on your to-do list.

If you're ready for the next step...

The full guide is waiting for you. It's gentle, doable, and designed to help you feel more energized, grounded, and supported — one day at a time.

[!\[\]\(0b5e7e25e8775f7e7e80906ada4f0021_img.jpg\) GET THE GUIDE](#)

I can't wait to support you on your journey! You deserve to feel good in your body again!

With love,

Mary 

For educational purposes only. Not medical advice. Always consult your healthcare provider before beginning any new wellness routine.

"An Ageless Wellness Lab™ Product by Transformation Weight Loss, LLC