

7-Day Metabolic Reset - Daily Rhythm Calendar

*Digital Calendar
Instructions
Bonus Companion Guide*

How to Use Your 7-Day Reset Calendar

This companion guide is designed to help you follow the 7-Day Metabolic Reset more easily. The time blocks shown here match the rhythm described in your main Reset Guide, and the digital calendar tool gives you an optional way to stay consistent, organized, and supported throughout the week.

Morning Block (7–9 AM)

Start your day with calm, clarity, and gentle movement. These short practices help regulate your nervous system and set your energy for the day.

Midday Block (12–2 PM)

Use this block to reset your posture, hydrate, and bring your energy back up. These micro-breaks prevent afternoon crashes

Afternoon Block (2–4 PM)

This is your check-in window. A quick breathing reset and hydration help stabilize mood, cravings, and clarity.

Evening Block (7–9 PM)

Wind down gently. Reflect on your energy, notice what supported you, and set a simple intention for tomorrow. You don't have to do this perfectly; you just have to keep showing up.

Most people need 30-60 days for a habit to feel natural, so if you want to make this become a lifelong habit...keep going as long as it takes! Consistency matters more than perfection.

How to Use Your DIGITAL 7-Day Reset Calendar

Your downloadable calendar is fully editable once you import it into your phone or computer. This means you can make it fit your life and your schedule.

Here's how it works:

When you click the download link, your device will ask which calendar you want to add it to.

- Choose any calendar you prefer — Personal, Wellness, or a new one you create.
- All 7-Day Reset events will appear automatically.
- You can move any event to a different time if needed.
- You can choose the week you want to begin.
- You can let the weekly rhythm continue as long as you want.
- You can delete the calendar anytime if you no longer need it.

This calendar is designed to support you — not restrict you. Use it in the way that works best for your routine, your energy, and your goals.

PLEASE NOTE: Your download link was provided on your Thank-You Page and is also included in the Welcome Email you received after your purchase. If you ever misplace it, simply return to that email and download it again.

Daily Success Looks Like:

You completed something in each block.

You stayed aware of your energy.

You hydrated consistently.

You ended the day with gratitude.

You set one simple intention for tomorrow.

You don't have to do this perfectly; you just have to keep showing up.