



7-Day Metabolic Reset

For Women 50+



A guided reset with daily routines, meals, reflections, and habit-building tools designed specifically for Women over 50!

Welcome to the 7-Day Metabolic Reset

This guide was created for women who know something has changed — but were never taught what to do about it.

The **7-Day Metabolic Reset** is a gentle, repeatable practice designed to help you reconnect with your body, calm your nervous system, and support your metabolism — without extremes, overwhelm, or guilt.

This is not a diet.

It's not a detox.

And it's not something you "finish" and forget.

It's a reset you can return to again and again — until these habits become automatic and part of your daily life.

You don't need perfection.

You just need to start.

Let's Begin...



Inside this guide, you'll find:

- A simple **7-Day Reset structure** you can repeat anytime
- Daily focus areas for hydration, nourishment, movement, and stress support
- Easy-to-follow checklists and prompts
- Meal and lifestyle suggestions designed for women 50+
- Education to help you understand *why* these habits work
- Links to optional tools and resources I personally use

This guide is designed to be **practical, supportive, and flexible** — not restrictive.

How to Use the 7-Day Metabolic Reset

- Start on **Day 1** and move forward at your own pace
- You do not need to do everything perfectly
- If you miss a day, simply return to the next one
- Repeat the reset as often as needed

The goal is **progress, not pressure**.

Over time, these daily practices become habits — and those habits become your lifestyle.



Day 1 – Reset & Mindfulness

Today's Focus

Creating your foundation for metabolic health through mindfulness, nervous system regulation, and gentle movement.

Detailed Morning Routine (30–35 minutes)

5 Minutes: Stillness / Meditation

- Find a quiet, comfortable space
- Sit upright with feet flat on the floor
- Close your eyes and focus on your breath
- Breathe using a box pattern:
(4 seconds inhale – 4 hold – 4 exhale – 4 hold)

Tip: If guided meditation helps you stay focused, apps like *Insight Timer* or *Calm* are excellent options.

5 Minutes: Affirmations / Declarations

Repeat these statements slowly and intentionally:

- "My body knows how to heal and reset."
- "I am worthy of vibrant health and energy."
- "Every cell in my body responds to my positive choices."
- "I choose nourishing foods and joyful movement."

Pro Tip: Say these out loud while looking in the mirror to reinforce mind–body connection.

5 Minutes: Journaling

Write freely about:

- What brought you to this reset?
- What does feeling *your best* look like for you?
- One intention you are setting for this week

4 Minutes: Uplifting Reading

Choose something that inspires and calms you:

- An inspirational quote book
- A wellness article or blog
- Positive affirmations from a book you love

5–6 Minutes: Gentle Movement

Choose one option:

- Light stretching (neck rolls, shoulder rolls, cat-cow, gentle twists)
- Slow walking in place
- Tai chi or qigong movements

Video Resource: [*"gentle morning stretches for women over 50"*](#)

5–6 Minutes: Gratitude Reflection

Write down five things you are grateful for today:

Optional Hydration Boost

½ to 1 glass of warm lemon water

Benefits:

Supports digestion, gentle detoxification, and rehydration after sleep.



Meal Suggestions for Day 1

Breakfast (within 1 hour of waking)

- Greek yogurt with berries and chia seeds
- Veggie omelet with avocado
- Protein smoothie with greens, banana, and almond butter

Mid-Morning Snack

- Small handful of almonds or walnuts
- Herbal tea or cucumber-infused water

Lunch

Build your plate:

- ½ vegetables
- ¼ lean protein
- ¼ complex carbohydrates

Examples:

- Grilled chicken salad with olive oil dressing
- Lentil soup with whole-grain crackers
- Turkey and veggie wrap with hummus

Afternoon Snack

- Apple slices with almond butter
- Celery with hummus
- Hard-boiled egg

Dinner

- Baked salmon with roasted vegetables and quinoa
- Stir-fry with tofu, colorful vegetables, and brown rice
- Turkey meatballs with zucchini noodles and marinara

Evening (Optional)

- Herbal tea (chamomile or peppermint)
- Small piece of dark chocolate (70%+ cacao)

Daytime Micro-Pauses

10:00 AM

- Stand and stretch arms overhead
- Take 5 deep breaths
- Hydrate

2:00 PM

- Walk for 2–3 minutes
- Roll shoulders, stretch neck
- Capture thoughts or ideas in your journal

4:00 PM

- Practice box breathing
- Quick gratitude check-in
- Hydrate



Evening Reflection (10–15 minutes)

Energy Check

Rate your energy today (1–10): _____

What boosted your energy? _____

What drained it? _____

Cravings & Mood

Did you experience cravings? Yes / No

If yes, what did you crave? _____

How did you handle it? _____

Mood today (*circle all that apply*):

Happy | Calm | Energized | Frustrated | Tired | Proud

Gentle Wind-Down

- 5 minutes of light stretching
- Express gratitude for completing Day 1
- Set intention for tomorrow:



Optional Support (Inside Ageless Wellness Lab)

Inside the Ageless Wellness Lab, you'll find education, guided routines, and optional product support designed to complement this day's focus.

Day 2 – Hydration & Metabolic Support

Today's Focus

Amplifying metabolic function through strategic hydration, mineral balance, and electrolyte support.

Why Hydration Matters After 50

Proper hydration:

- Supports cellular metabolism
- Aids nutrient absorption
- Helps regulate body temperature
- Reduces fatigue and brain fog
- Supports joint and connective tissue health

As we age, thirst signals weaken — meaning dehydration often occurs without us realizing it.

Detailed Morning Routine

Repeat the **Day 1 Reset & Mindfulness structure**, with the following hydration-focused additions:

Enhanced Hydration Protocol

Upon waking:

- 8–16 oz warm lemon water
- Add a pinch of sea salt *or* an electrolyte powder
- Wait 20–30 minutes before coffee or breakfast

Benefits:

- Jumpstarts metabolism
- Supports liver detoxification pathways
- Replenishes minerals lost overnight

Hydration Goal for Today

Target:

Drink approximately **half your body weight in ounces** of water.

Example:

150 lbs → 75 oz water per day

Daily Hydration Tracker

- Morning (16 oz)
- Mid-morning (16 oz)
- Lunch (16 oz)
- Afternoon (16 oz)
- Dinner (11 oz)

Total: _____ oz

(Tip: You'll find printable and digital hydration trackers inside the Ageless Wellness Lab.)

Meal Suggestions for Day 2

Breakfast

Hydrating Option: Smoothie Bowl

- Base: Coconut water, frozen berries, spinach, protein powder
- Toppings: Chia seeds, sliced almonds, fresh fruit

Alternative:

Oatmeal with almond milk, cinnamon, and walnuts

Hydration-Rich Snacks

- Cucumber slices with hummus
 - Watermelon chunks
 - Celery with almond butter
 - Oranges or grapefruit
-

Lunch

Focus on water-rich foods:

- Large salad with grilled shrimp, cherry tomatoes, and cucumbers
- Vegetable soup with chicken
- Lettuce wraps with turkey and vegetables

Dinner

- Grilled fish with steamed broccoli and sweet potato
 - Chicken curry with cauliflower rice
 - Veggie-packed chili
-

Daytime Micro-Pauses

Every 2 hours:

- Hydration check (drink 8–16 oz water)
- 2-minute standing stretch
- Deep breathing

Hydration Reminders

- Set phone alarms every 2 hours
- Keep a water bottle visible at your desk
- Flavor water with lemon, cucumber, or mint

Evening Reflection

Hydration Assessment

Total water intake today: _____ oz

Did you meet your goal? Yes / No

Energy & Clarity Check

Energy level (1-10): _____

Mental clarity (1-10): _____

Noticed improvements from Day 1?

What Worked Well Today?

Tomorrow's Intention: _____

Optional Support (Inside Ageless Wellness Lab)

Inside the Ageless Wellness Lab, you'll find education, guided routines, and optional product support designed to complement this day's focus. You'll also find:

- Hydration reminders
- Electrolyte education
- Habit trackers
- Ongoing accountability



Day 3 – Movement & Energy Boost

Today's Focus

Activating your metabolism through intentional movement and building sustainable, daily energy.

Why Movement Matters for Women 50+

Regular movement:

- Boosts metabolic rate
- Improves insulin sensitivity
- Strengthens bones and joints
- Enhances mood through endorphin release
- Supports cardiovascular health

Movement doesn't have to be intense to be effective – consistency matters more than intensity.

Detailed Morning Routine

Enhanced Movement Sequence (10–12 minutes)

Warm-Up (2 minutes)

- March in place
- Arm circles (forward and backward)
- Gentle neck rolls

Strength & Flexibility (6–8 minutes)

1. Wall push-ups – 10 reps
2. Chair squats – 10 reps
3. Standing leg lifts – 10 reps per leg
4. Arm raises with light weights – 10 reps
5. Cat-cow stretches – 5 rounds
6. Seated spinal twist – hold 30 seconds each side

Cool Down (2 minutes)

- Deep breathing
- Full-body stretch
- Gratitude for what your body allows you to do

➔ Continue the remaining morning routine elements from Day 1
(meditation, affirmations, journaling, hydration).

Meal Suggestions for Day 3

Pre-Workout (if exercising)

- Small banana with almond butter
- Handful of berries

Post-Workout Breakfast

Focus on protein to support muscle recovery:

- Scrambled eggs with spinach and whole-grain toast
- Protein smoothie with Greek yogurt
- Cottage cheese with fruit and nuts

Lunch

- Quinoa bowl with roasted vegetables and chickpeas
- Grilled chicken wrap with avocado
- Salmon salad with mixed greens

Dinner

- Lean beef or bison with roasted Brussels sprouts
- Tofu stir-fry with broccoli and brown rice
- Turkey chili with a side salad



Daytime Movement Micro-Pauses

10:00 AM

- 5-minute walk (outside if possible)
- Desk stretches

2:00 PM

- Stair climbing (2 flights if available)
- Standing leg lifts

4:00 PM

- Arm circles and shoulder rolls
- Calf raises – 20 reps

Daily Movement Goal

8,000–10,000 steps

(Do your best – progress matters more than perfection.)

Optional Afternoon Movement Session

Choose one:

- 20–30 minute walk
 - Gentle yoga video
 - Swimming or water aerobics
 - Cycling
 - Dancing to your favorite music
-

Evening Reflection

Movement Tracker

- Morning routine completed: Yes / No
- Daytime pauses completed: _____ out of 3
- Optional movement session: Yes / No
- Total steps today: _____

Energy Assessment

Energy level (1-10): _____

Did movement boost your energy? Yes / No

How do your muscles feel? _____

Mood & Motivation

Motivation level (1-10): _____

What movement felt best today? _____

Tomorrow's Movement Goal:

Optional Support (Inside Ageless Wellness Lab) Coming soon...

Inside the Ageless Wellness Lab, you'll find education, guided routines, and optional product support designed to complement this day's focus.

Inside the **Lab**, you'll also find:

- Beginner movement plans
 - Step-count challenges
 - Video demonstrations
 - Accountability tracking
-

Day 4 – Mindset & Clarity

Today's Focus

Sharpening mental clarity and reinforcing a positive mindset to support lasting transformation.

The Mindset–Metabolism Connection

Your thoughts and stress levels directly impact your body.

- Elevated stress hormones (like cortisol) can slow metabolism
 - A positive mindset supports consistent, healthy habits
 - Mental clarity improves food and lifestyle choices. Self-compassion reduces emotional eating and burnout. Your body listens to your thoughts – today we train both.
-

Detailed Morning Routine

Extended Meditation (8–10 minutes)

Guided Visualization

1. Close your eyes and breathe deeply
2. Visualize your healthiest version of yourself
3. See yourself energized, strong, and vibrant
4. Feel what that version of you feels like
5. Notice the habits she practices daily
6. Gently step into becoming her

Powerful Affirmations (7 minutes)

Write AND speak these aloud:

- "I am releasing what no longer serves me."
- "My mind is clear, focused, and powerful."
- "I make choices aligned with my highest self."
- "I trust my body's wisdom."
- "I am becoming stronger every day."

Add your own affirmations:

Clarity Journaling (10 minutes)

Reflect honestly and without judgment:

- What limiting beliefs about health or aging am I ready to release?
- What evidence do I have that I am capable of this transformation?
- What would change if I fully believed in myself?

Meal Suggestions for Day 4

Brain-Boosting Breakfast

- Smoked salmon with avocado on whole-grain toast
- Blueberry walnut oatmeal
- Veggie scramble with turmeric

Lunch (Healthy Fats for Brain Health)

- Spinach salad with grilled chicken, walnuts, olive oil dressing
- Avocado turkey burger (lettuce wrap, no bun)
- Lentil soup with a side of mixed nuts

Snacks

- Dark chocolate (70%+ cacao) with almonds
- Apple with cashew butter
- Trail mix (nuts, seeds, dried berries)

Dinner

- Wild-caught salmon with asparagus
- Chicken with roasted vegetables and olive oil
- Vegetable curry with coconut milk



Daytime Mental Clarity Pauses

Brain Breaks (Every 90 Minutes)

- Close your eyes for 2 minutes
- Practice gratitude
- Mindful breathing
- Hydrate

Clarity Boosters

- Avoid multitasking
- Single-task with intention
- Limit social media to designated times
- Take tech-free breaks

Evening Reflection

Mindset Check

Mental clarity today (1-10): _____

Most empowering thought today: _____

Limiting belief I'm releasing: _____

Wins to Celebrate: _____

Tomorrow's Mindset Intention: _____

Optional Support (Inside Ageless Wellness Lab)

Inside the Ageless Wellness Lab, you'll find education, guided routines, and optional product support designed to complement this day's focus. You'll also find:

- Guided mindset resets
- Stress and cortisol education
- Focus and clarity tools
- Habit reinforcement practices

DAY 5 – GRATITUDE & FOCUS

Today's Focus

Deepening gratitude and strengthening focus to support metabolic health and emotional well-being.

Why Gratitude Matters for Health

Research shows gratitude can:

- Reduce stress hormones
 - Improve sleep quality
 - Support immune function
 - Increase energy levels
 - Encourage healthier food choices
-

Morning Routine – Gratitude Expansion (10–12 minutes)

Body Gratitude

- Three things your body does well:
- How your body supports you daily:

Life Gratitude

- Three people you're grateful for:
- Three experiences from this week:

Health Gratitude

- Progress you've made (even small):
- Habits you're proud of:

Future Gratitude

- Thank your future self for completing this reset
- Appreciate the health and vitality you're creating

Optional: Gratitude Letter

Write a short letter to yourself acknowledging your effort and growth:.....
.....
.....

Meal Suggestions – Day 5

Breakfast

- Protein pancakes with berries
- Green smoothie (spinach, avocado, protein powder)
- Egg muffins with vegetables

Lunch

- Buddha bowl with quinoa, roasted vegetables, tahini
- Chicken salad lettuce wraps
- Minestrone soup with side salad

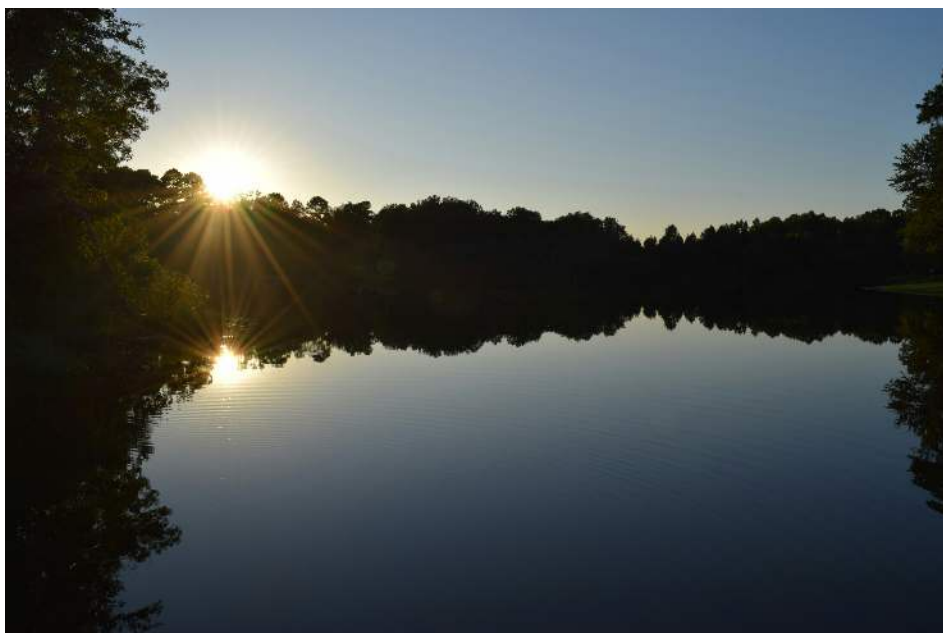
Dinner

- Herb-crusted cod with roasted root vegetables
 - Turkey meatloaf with cauliflower mash
 - Vegetable lasagna (zucchini noodles)
-

Daytime Focus Pauses

- Before meals: Pause and appreciate your food
- Mid-morning: Text someone you're grateful for
- Afternoon: Appreciate your workspace or environment
- Evening: Reflect on three wins from the day

Evening Reflection – Day 5



Gratitude Check

- Morning gratitude completed: Yes / No
- Gratitude moments noticed today:

Progress Check

- Energy (1-10): _____
- Sleep quality (1-10): _____
- Cravings (1-10): _____
- Overall well-being (1-10): _____

What's changed since Day 1? _____

DAY 6 – ENERGY & CONSISTENCY

Today's Focus

Strengthening consistency and maintaining steady energy throughout the day.

Energy Management Foundations

- Consistent meals stabilize blood sugar
- Quality sleep supports metabolic hormones
- Movement creates energy
- Stress management preserves energy

Morning Routine – Consistency Check

Complete your established routine:

- Meditation – 5 minutes
- Affirmations – 5 minutes
- Journaling – 5 minutes
- Reading – 4 minutes
- Movement – 6 minutes
- Gratitude – 6 minutes
- Warm lemon water

Reflection

- What feels easier now? _____
- What still feels challenging? _____

Energy-Optimized Meal Structure

Breakfast (7–8 AM)

Protein + complex carbs + healthy fats

Example: Veggie omelet with avocado and whole grain toast

Snack (10 AM)

Protein + fiber

Example: Greek yogurt with berries

Lunch (12–1 PM)

Balanced plate

Example: Grilled chicken, quinoa, roasted vegetables

Snack (3–4 PM)

Prevent afternoon dip

Example: Apple with almond butter

Dinner (6–7 PM)

Lighter, easy to digest

Example: Baked fish with steamed vegetables

Energy Tracking --- Rate your energy throughout the day: (Optional)

- 8 AM _____
- 10 AM _____
- 12 PM _____
- 2 PM _____
- 4 PM _____
- 6 PM _____
- 8 PM _____

Patterns Noticed:

- Highest energy time: _____
- Lowest energy time: _____
- What helped restore energy? _____

Evening Reflection – Day 6

Consistency Assessment

- What supported energy? _____
- What depleted energy? _____
- Morning routine: Completed / Partial / Skipped
- Meal timing: On track / Mostly / Needs work
- Hydration: Met / Close / Below
- Movement: Met / Partial / Below

DAY 7 – CELEBRATE PROGRESS & RESET

Today's Focus

Reflecting, celebrating progress, and setting intentions for continued success.

Congratulations 🎉

You completed the 7-Day Guided Metabolic Reset.

Real transformation happens through small, consistent actions – and you showed up.

Morning Routine – Celebration Practice

Meditation (10 minutes)

- Reflect on the past week
 - Notice changes in energy, mindset, and body
 - Visualize continuing these habits over the next 30 days
-

Victory Journaling

Physical Changes

- Energy: Before _____ /Now _____
- Sleep: Before _____ /Now _____
- Cravings: Before _____ /Now _____

Mindset Shifts

- Beliefs that changed: _____
- Biggest "aha" moment: _____

Habits

- Habits that feel natural now: _____
- Habits that need practice: _____

Celebration Meal Plan

- Breakfast: Your favorite healthy meal from the week
 - Lunch: Energizing and satisfying
 - Dinner: Balanced meal with a small treat
-

Full-Day Movement Celebration

- Morning: Full routine
- Daytime: Joyful movement (walk, dance, nature)
- Evening: Gentle stretching or yoga

Week Reflection & Measurements (Optional)

- Weight: Start _____ / End _____
- Measurements: Chest ___ Waist ___ Hips ___
- How clothes fit: _____

Non-Scale Victories:

YOUR RESET SCORECARD

Rate yourself honestly (this is information, not judgment):

- Morning routine consistency (1-10): _____
- Hydration consistency (1-10): _____
- Movement consistency (1-10): _____
- Energy improvement (1-10): _____
- Mental clarity (1-10): _____
- Confidence & motivation (1-10): _____

Total Score (out of 60): _____

How to Interpret Your Score

- **45-60:** Strong foundation — ready to build
- **30-44:** Progress made — consistency will amplify results
- **Below 30:** Awareness gained — support will help momentum

This score helps guide your *next step*, not label your success.

WHAT'S NEXT?

Personalized Support Options

To continue your progress in finding the right support for your individual needs, consider completing a simple wellness assessment:

- [LiveGood Health Assessment](#) – Quick, easy, beginner-friendly
- Advanced Metabolic Assessments – Available inside Ageless Wellness Lab

Your results can help guide nutrition, supplementation, and lifestyle focus moving forward.

Habits to Maintain

1. Morning routine (even 15–20 minutes)
2. Daily hydration
3. Regular movement
4. Evening reflection
5. Gratitude practice

Level Up Your Reset

- Repeat this reset monthly
- Add strength training 2–3x/week
- Meal prep weekly
- Track food if desired
- Seek Community support



SUPPORT PRODUCTS (OPTIONAL)*

LIVEGOOD

Affordable everyday wellness products

Includes supplements, protein, detox, and more

More brands are available in the Ageless Wellness Lab!



FINAL REFLECTION

Letter to Your Future Self (30 Days From Now)

My Commitment: _____

How I'll Stay Accountable: _____

QUICK REFERENCE – DAILY NON-NEGOTIABLES

- Morning routine (20+ minutes)
- 64+ oz water
- 3 balanced meals
- Movement
- Evening reflection

And inside the Ageless Wellness Lab, you'll find guided mindset practices, breathwork, and clarity tools to support stress regulation and metabolic balance beyond this reset.

BONUS RESOURCES

(More resources will be available inside Ageless Wellness Lab for ongoing support) Coming Soon!

Troubleshooting Common Challenges

"I Don't Have Time"

Solution: Use the 10-minute version of the morning routine. Consistency matters more than duration.

"I'm Too Tired to Move"

Solution: Start with 5 minutes. Movement often creates energy, not the other way around.

"Cravings Feel Strong"

Solution:

- Hydrate first
- Wait 10 minutes
- Eat a protein-rich snack
- Consider metabolic support such as GLP-Xtreme (optional)

"I Missed a Day"

Solution: Resume immediately. No guilt. Progress beats perfection.

B. Meal Prep & Planning Guide

Batch Cooking Ideas

- Roast a large tray of vegetables (4–5 days)
- Cook quinoa or brown rice and portion
- Prep proteins (grilled chicken, eggs, fish)
- Chop vegetables for snacks
- Pre-portion nuts and seeds

Shopping List Staples

- Proteins: Eggs, chicken, salmon, turkey, Greek yogurt, tofu
 - Vegetables: Spinach, broccoli, peppers, cucumbers, tomatoes
 - Fruits: Berries, apples, bananas, citrus
 - Fats: Avocados, olive oil, nuts, seeds
 - Carbs: Quinoa, oats, sweet potatoes, brown rice
-

Community Support :

You're not meant to do this alone. Inside the "Ageless Wellness Circle™", you'll find encouragement, shared wins, guidance, and accountability from women walking the same path.

Join our: [Ageless Wellness Lab Community / Ageless Wellness Circle](#)

CLOSING

Ageless Wellness Lab™

A wellness ecosystem supporting women 50+ through education, tools, and community

P.S. If you didn't download the checklist yet, you can get it here. It's a simple way to stay accountable to the Reset each day — especially if you prefer a manual or printable option.



Ready for More? (Coming Soon)!



AGELESS WELLNESS LAB
Designed for Women Over 50

Ageless Wellness Lab™

This 7-Day Reset is your foundation.

Inside the Lab, you'll find:

- Guided routines
- Habit and energy tracking
- Assessments
- Education for women 50+
- Community support
- Ongoing challenges and tools

This reset will soon be available inside a guided wellness app with reminders, tracking, and built-in support.

Tracking Worksheets

A tracking worksheet is included at the back of the guide to support awareness and consistency.

Inside the **Ageless Wellness Lab**, you'll find fully guided, interactive tracking tools designed for ease and accountability. (coming soon)

About the Author:



Mary is the founder of Transformation Weight Loss and the creator of Ageless Wellness Lab (coming soon), a resource designed to support women 50+ with simple, trustworthy guidance for feeling better, aging well, and restoring energy in the second half of life.

After years of working with women who felt frustrated by fatigue, stubborn weight, hormonal changes, and conflicting health advice, Mary saw a clear need for a more supportive, realistic approach to wellness. One that honors the body, prioritizes consistency over intensity, and focuses on sustainable habits that actually work in midlife and beyond.

Her work blends practical guidance, mindset support, and strategies to help women feel energized, strong, and in control of their health again—one small step at a time.

This 7-Day Metabolic Reset was created as a starting point. A foundation. A way to reconnect with your body and build momentum without pressure.

The journey continues inside the Ageless Wellness Lab—a guided wellness ecosystem designed to provide deeper education, tracking tools, accountability, and community support. *(Coming soon.)*

You don't need to be perfect. You just need to keep going.

Important Disclaimers

Medical Disclaimer: The information provided in this guide, the Ageless Wellness Lab, and all related materials is for educational and informational purposes only. It is not intended as medical advice and should not be used to diagnose, treat, cure, or prevent any health condition. Always consult with your physician or qualified healthcare provider before making changes to your diet, exercise routine, supplements, or lifestyle—especially if you have existing medical conditions, take medications, or are experiencing new symptoms.

Results Disclaimer: Individual results will vary. Your progress depends on many factors, including your health history, consistency, lifestyle, and personal circumstances. No specific outcomes are guaranteed. The habits and practices shared in this guide are intended to support overall wellness, not produce rapid or uniform results.






Affiliate Disclaimer: Some recommendations within this guide, the Ageless Wellness Lab, or related emails may include affiliate links. This means I may earn a small commission if you choose to purchase through those links, at no additional cost to you. I only recommend products I personally use, trust, or believe may be helpful for women in this stage of life.

AI-Assisted Content Disclaimer: Portions of this guide and related materials were created with the assistance of AI tools and then reviewed, edited, and approved by me for accuracy, clarity, and tone. All final content reflects my judgment, experience, and intention to support women 50+ with reliable, compassionate guidance.

Company & Brand Disclaimer: Ageless Wellness Lab is a resource created and provided by Transformation Weight Loss, LLC. All products, communications, and transactions are processed through *Transformation Weight Loss, LLC*.

Habit Tracker








Weekly overview Tracker: Day | Morning Routine | Hydration Goal | Movement | Evening Reflection | Energy (1-10) | Notes

Habit	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

Habit Tracker: Morning Routine Components:

(Meditate, Affirmations, Journaling, Reading, Activity, gratitude, lemon water)

Habit	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>