

# DAILY CHECKLIST



SUNEL V FITNESS

- Read your goals and answers from STEP 3 & 5
- Do at least one Breath Work or Meditation
- Walk 30-60min
- If you have a desk job: get up every hour and move (in any way) for 3min
- Stick to a regular sleep schedule

Doing the reset is a deliberate choice to take care of yourself. For the 28 days, consistency matters because your gut needs a clear, uninterrupted window to heal.

After the reset, if you slip up, the answer is not guilt or giving up. One off-plan meal does not undo the work you have done. An 80/20 approach works best long term — eat in a way that supports your gut most of the time, without aiming for perfection.

This reset is something genuinely meaningful you have done for yourself. It required effort, restraint, and patience. Most people never give themselves this kind of opportunity.

As you transform, you'll inspire those around you. And my bet is you'll become a better partner, colleague, employer, parent, friend - whichever roles in life you have to fulfil.

So please remember: This is a journey of self-love, not self-judgment.

I am immensely proud of everyone coming on board any of my plans, because I know this: You've realised you deserve to feel amazing, live fully, and be the best version of yourself. To me, that is a beautiful thing.

I hope you see it too!

Sunel 

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