

Seven days. A real beginning.

A practical reset for busy dads | Self-guided | Faith reflection optional

Your goal this week is to practice keeping small promises to yourself. Seven days can teach you about your routines; it is not a deadline for a visible body transformation.

YOUR DAILY RHYTHM

Choose: one manageable movement commitment and one routine commitment.

Act: use the version that fits today, including planned rest when appropriate.

Reflect: take two minutes to record what worked and what needs adjusting.

START WITH WHAT FITS YOUR LIFE

Examples include a comfortable short walk, preparing tomorrow's lunch, or a brief wind-down routine. You choose the commitments. If a task is too much, make it smaller; do not make up missed days with extra exercise.

For adults 18+. This is a habit-building guide, not medical care, therapy, a diet prescription, or individualized exercise instruction. Choose activity appropriate to your abilities and any existing professional advice. Start gradually. Stop if activity causes pain or concerning symptoms and seek appropriate care. There is no required weight change, step count, or workout intensity.

Open the reset and progress check-in page

Set your first two commitments.

Keep this page somewhere you will notice it.

MY REASON FOR STARTING

HABIT A: WHAT I WILL DO, WHEN, AND WHERE

HABIT B: WHAT I WILL DO, WHEN, AND WHERE

MY SMALLEST FALLBACK VERSION

OPTIONAL STARTING PHOTO

Photos are optional and never a condition of completion. Use similar clothing, lighting, distance, and pose for each checkpoint. Wear comfortable workout clothing; do not send nude images, photos of others, medical records, or identification. You may leave your face out. Do not change your body shape in an image.

Take your before photo on Day 1. Keep it on your own device or use the optional encrypted photo submission. Record your program start date and use the same email and start date for the Day 7 check-in.

Choose your starting line

One manageable action. A short review. Another chance tomorrow.

TODAY'S FOCUS

Write one reason this week matters. Choose two small habits you control: one movement commitment and one routine commitment.

MOVEMENT, AT YOUR LEVEL

Choose an activity already appropriate for you. If you are starting out, a comfortable 5-minute walk is an example, not a minimum you must reach.

A PRACTICAL ROUTINE

Attach each habit to an existing event: after breakfast, after work, or before brushing your teeth.

- ☐ I followed Habit A, or made an intentional adjustment.
- ☐ I followed Habit B, or made an intentional adjustment.
- ☐ I recorded what happened honestly.

WHAT WOULD A SUCCESSFUL WEEK LOOK LIKE WITHOUT MENTIONING WEIGHT?

OPTIONAL FAITH REFLECTION

Zechariah 4:10 - Reflect on the value of small beginnings.

TOMORROW'S NEXT STEP

Make the next step easy

One manageable action. A short review. Another chance tomorrow.

TODAY'S FOCUS

Choose tomorrow's time and place before today ends. Remove one practical obstacle.

MOVEMENT, AT YOUR LEVEL

Repeat your comfortable activity; keep it short enough to fit an ordinary day. Rest or adapt if needed.

A PRACTICAL ROUTINE

Set out what you need and write a backup version that takes about two minutes.

- ☐ I followed Habit A, or made an intentional adjustment.
- ☐ I followed Habit B, or made an intentional adjustment.
- ☐ I recorded what happened honestly.

WHAT MADE STARTING EASIER TODAY?

OPTIONAL FAITH REFLECTION

Proverbs 21:5 - Reflect on patient planning.

TOMORROW'S NEXT STEP

Build a routine that feeds you

One manageable action. A short review. Another chance tomorrow.

TODAY'S FOCUS

Pick one practical meal routine: plan tomorrow's lunch, make a shopping list, or sit down for a regular meal. No calorie target or food ban is required.

MOVEMENT, AT YOUR LEVEL

Keep the same activity commitment. More is optional, never owed.

A PRACTICAL ROUTINE

Choose your own manageable food-related habit; follow any advice already provided by your clinician or dietitian.

☐ I followed Habit A, or made an intentional adjustment.

☐ I followed Habit B, or made an intentional adjustment.

☐ I recorded what happened honestly.

WHICH ROUTINE HELPED ME FEEL PREPARED?

OPTIONAL FAITH REFLECTION

1 Corinthians 10:31 - Reflect on intention in ordinary actions.

TOMORROW'S NEXT STEP

Practice the return

One manageable action. A short review. Another chance tomorrow.

TODAY'S FOCUS

If you missed something, record what happened without judgment and do the next feasible version. Do not restart the week.

MOVEMENT, AT YOUR LEVEL

Use your smallest comfortable version today if time or energy is limited.

A PRACTICAL ROUTINE

Write: If my usual plan is interrupted, I will ___ after ___.

- ☐ I followed Habit A, or made an intentional adjustment.
- ☐ I followed Habit B, or made an intentional adjustment.
- ☐ I recorded what happened honestly.

HOW CAN I MAKE MY PLAN MORE REALISTIC?

OPTIONAL FAITH REFLECTION

Proverbs 24:16 - Reflect on getting up after a setback.

TOMORROW'S NEXT STEP

Make room for recovery

One manageable action. A short review. Another chance tomorrow.

TODAY'S FOCUS

Choose a realistic bedtime wind-down cue. Reduce one distraction for a short period before bed.

MOVEMENT, AT YOUR LEVEL

Choose gentle activity or planned rest according to your needs. Recovery can be a completed commitment.

A PRACTICAL ROUTINE

Protect a small period for rest, quiet reflection, or connection with someone important to you.

- ☐ I followed Habit A, or made an intentional adjustment.
- ☐ I followed Habit B, or made an intentional adjustment.
- ☐ I recorded what happened honestly.

WHAT HELPS ME RECOVER INSTEAD OF SIMPLY PUSHING HARDER?

OPTIONAL FAITH REFLECTION

Matthew 11:28 - Reflect on rest and accepting support.

TOMORROW'S NEXT STEP

Bring someone alongside

One manageable action. A short review. Another chance tomorrow.

TODAY'S FOCUS

Tell a supportive person one commitment and ask for a simple check-in. You may keep the details private.

MOVEMENT, AT YOUR LEVEL

Repeat your chosen activity; invite someone along if that makes it easier.

A PRACTICAL ROUTINE

Practice asking for encouragement in a way that feels respectful and useful.

- ☐ I followed Habit A, or made an intentional adjustment.
- ☐ I followed Habit B, or made an intentional adjustment.
- ☐ I recorded what happened honestly.

WHAT KIND OF SUPPORT HELPS ME FOLLOW THROUGH?

OPTIONAL FAITH REFLECTION

Ecclesiastes 4:9-10 - Reflect on companionship and mutual support.

TOMORROW'S NEXT STEP

Review and continue

One manageable action. A short review. Another chance tomorrow.

TODAY'S FOCUS

Count follow-through, name one useful change, and choose what to keep next week. Photos are optional; visible change is not the measure of success.

MOVEMENT, AT YOUR LEVEL

Choose the version you can sustain next week, including rest where appropriate.

A PRACTICAL ROUTINE

Complete the closing review and, if you choose, submit your Day 7 check-in.

- ☐ I followed Habit A, or made an intentional adjustment.
- ☐ I followed Habit B, or made an intentional adjustment.
- ☐ I recorded what happened honestly.

WHAT WILL I REPEAT, SIMPLIFY, AND ASK FOR HELP WITH?

OPTIONAL FAITH REFLECTION

Galatians 6:9 - Reflect on patient consistency.

TOMORROW'S NEXT STEP

Measure what matters.

A photo is one optional record. Your actions tell a fuller story.

Day	Habit A	Habit B	Reflect	One win / one adjustment
1				
2				
3				
4				
5				
6				
7				

Mark each habit: Y = followed; A = intentionally adapted; R = planned rest; blank = missed. This is information, not a grade. Your reflection can record illness, travel, or any change in circumstances.

MY STRONGEST NON-SCALE WIN

ONE HABIT TO KEEP / ONE THING TO SIMPLIFY

Optional after photo: take it on Day 7 using similar conditions. No visible change is required or expected. Submit the checkpoint with the same email and program start date. A submission is not a request for medical advice or a promise of a personal coaching response.

Submit an optional Day 7 check-in

Explore the 30-day continuation