



***FITPLAN***

# ***1-WEEK HEALTHY HABITS RESET GUIDE***

# ***ARE YOU READY TO DITCH YOUR BAD HABITS AND TAKE CONTROL OF YOUR HEALTH AND FITNESS?***

Reset your body, build healthy habits and develop a lifestyle that helps you look, feel and move better with this 1-week guide. By following each step every day, you will show your body the love it deserves and establish a healthy routine for sleep, hydration, nutrition, mindfulness, and movement.

***It's you vs you. Let's go!***

## **The Daily Standards**

For each day, there are a set of daily standards to follow consistently throughout the entire week. The daily standards are actions that have been designed to help you build good habits every day, and habits that stick.

*We expand more on each of the daily standards in subsequent pages, so use the below as your overarching cheat sheet!*

### **SLEEP**

- Sleep 7 to 8 hours per night
- Focus on maintaining consistent bedtime and wake-up times throughout the week including weekends (use alarms and sleep trackers)

## NUTRITION

- Use the [Calorie Calculator](#) from Healthline to determine your optimal caloric intake
- Track all calories (using [MyFitnessPal](#)) to get a full understanding of nutritional habits
- Adjust your calories to meet the deficit you calculated above
- **Tip:** You can find a library of delicious and healthy recipes made for everyone and every diet, within the [Fitplan app](#)

## HYDRATION

- Drink 48oz to 64oz of water per day
- **Tip:** Drink 12oz of water immediately after waking up and before, or during, each meal (you can add lemon and Himalayan sea salt for a [boost to your morning drink!](#))

## EXERCISE

- Start your favorite workout routine
- Exercise for at least 30 minutes per day
- **Tip:** Access hundreds of workouts and programs in the [Fitplan app](#)

## MINDFULNESS

- Find 5 to 10 minutes of meditation, breathing, or gratitude each day
- **Tip:** Engaging in mindfulness first thing in the morning, or before bed, will help to keep the routine consistent



# Sleep

How many hours of sleep are you getting each night? According to the Center for Disease Control, 35% of adults don't get enough sleep. Although the ideal amount of sleep varies, research shows that most adults need between seven to eight hours each night.

Getting an adequate amount of sleep can lead to a variety of positive health benefits including: reduced risk of developing chronic conditions such as diabetes and heart diseases, healthy weight maintenance, reduced stress, and increased energy, focus, and alertness throughout the day.

- Humans are creatures of habit. Stick to consistent bedtime and wake-up times on both weekdays and on weekends to keep your internal clock accurate
- Developing a nightly routine is just as important as it is in the morning. Set an alarm 30-60 minutes before your optimal bedtime to wrap up your day, wind down, and set yourself up for success tomorrow.
- Limit your usage of blue light emitting devices before bed
- Close the shades for complete darkness
- Avoid drinking caffeine after 3pm



# Nutrition

Calorie and nutrient tracking is beneficial to everyone, no matter what your particular health goals might be. Staying informed on your intake will help you analyze your nutrition while naturally gravitating you toward healthier options.

- Using your caloric calculations, strive to keep your intake below the suggested levels (be sure to consume enough protein to avoid losing strength)
- According to [Harvard Health](#), the daily recommended amount of protein that you should be consuming to avoid a protein deficiency is 0.8 grams for each kilogram of body weight.
- Here's what a healthy day of eating could look like in the Fitplan app:

**Breakfast:** Breakfast Bowl

**Lunch:** Cajun Shrimp Lunch

**Snack:** Nutter Butter Snack

**Dinner:** Sirloin Steak and Veggie Stir-Fry with Cashews

Find these and other healthy recipes in the [Fitplan app](#)

A close-up photograph of a woman with dark hair tied back, drinking from a white water bottle. The bottle has the word 'FITPLAN' printed on it in bold, black, uppercase letters. The woman is looking upwards and to the right. The background is blurred, suggesting an outdoor setting.

# Hydration

Instead of drinking coffee or tea first thing each morning, start each day with a nice 12oz glass of lemon infused water. Research shows that consuming adequate amounts of vitamin C on a daily basis can result in fewer wrinkles and more youthful looking skin. Vitamin C is an antioxidant nutrient that helps with collagen production. Collagen is a protein that helps your skin cells repair themselves naturally, resulting in smoother, firmer skin.

This hydrating beverage aids in weight loss, improves skin, and boosts the immune system, plus it is a great way to shock your body into the day.

- Add flavor to your water with lemon, fresh fruits, or a splash of fruit juice
- Drink lemon water before bed or in the morning
- Try supplementing coconut water for added benefits



# Exercise

A muscular man with short dark hair, wearing a black tank top, is shown from the chest up. He is holding two black dumbbells in his hands, looking down at them with a focused expression. The background is a plain, light-colored wall.

Exercising 30 minutes per day is proven to increase energy levels, promote fat loss, and can even add a spark to your sex life! Using a structured program will increase these benefits and help you meet your health and fitness goals.

**Here's a curated list of workouts to help you help you stay active:**

- [LOWER BODY WITH KYLA RITCHIE](#)
- [UPPER BODY GYM WITH MICHELLE LEWIN](#)
- [ULTIMATE BOOTY WITH JEN SELTER](#)
- [SUPERHERO SHOULDERS WITH MIKE O'HEARN](#)
- [LEGS AND ABS WITH JEFF SEID](#)
- [FULL BODY WARM UP WITH DASHA](#)

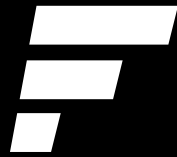


# Mindfulness

“Mindfulness helps train the prefrontal cortex, the part of the brain that creates a calm and alert state of mind, which helps us stay focused, avoid distraction and perform at our best,” say Dr. Kirstin Race, Ph.D. and founder of Mindful Life and author of Mindful Parenting.

- Meditate while you move. If you don't have time to add five minutes of still meditation before your workout, you can practice active meditation during your warmup.
- Approach the end of your workout with gratitude for your strength, focus and everything your mind and body accomplished that session.
- Try a breathwork routine from our partners at XPT.





## ***Need help tracking your habits?***

Download this guide to reach your goals with  
some of our favorite habit trackers!

[Download Now](#)