

# Evelation



# Busy Mom Mind & Body Reset

A simple “4-step daily system”  
to support your mental health &  
movement

# DAILY MIND & MOOD CHECK-IN

## 1. HOW AM I FEELING RIGHT NOW?

 Mind:

 Mood:

 Energy:

## 2. WHAT TRIGGERED MY STRESS TODAY?

<input type="checkbox"/> Kids / Overwhelm	<input type="checkbox"/> Social / Relationship
<input type="checkbox"/> Work pressure	<input type="checkbox"/> Housework / Load
<input type="checkbox"/> Hormones	<input type="checkbox"/> Other:
<input type="checkbox"/> Not enough sleep	

## 3. WHAT DO I NEED RIGHT NOW?

<input type="checkbox"/> Movement	<input type="checkbox"/> Nourishing food
<input type="checkbox"/> Rest	<input type="checkbox"/> A moment alone
<input type="checkbox"/> Fresh air	<input type="checkbox"/> Connection
<input type="checkbox"/> Hydration	<input type="checkbox"/> Something fun

## 4. EVENING REFLECTION:

What went well today?

What can I reset for tomorrow?

# STRESS RESET TOOLS

## 1. 10-DEEP-BREATH RESET

Inhale 4 – Hold 2 – Exhale 6

(Repeat 10 times)

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## 2. 45-SECOND BODY SHAKE

Release tension → shake arms, legs, shoulders.

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## 3. BOX BREATHING

Inhale 4 → Hold 4 → Exhale 4 → Hold 4

(Repeat 4-6 rounds)

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## 4. QUICK GROUNDING EXERCISE

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

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## 5. 2-MINUTE RESET WALK

Step outside → breathe → reset.



# WEEKLY TRAINING PLAN

## MY WEEKLY WORKOUT SCHEDULE

Day	Workout	Time	Notes
Monday			
Wednesday			
Friday			
Bonus Movement			

## WEEKLY WINS:

## WEEKLY MOOD SUMMARY: