

How This 28-Day Reset Works



Focus on morning, evening & kid routine

Keep days flexible

Celebrate small wins

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28-Day Summary Checklist



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Week 1 – Morning Reset

Day 1
Wake 10
mins earlier

Day 2 1 glass water first

Day 3
No-phone
first
15 mins

Day 4
Quick
stretch
routine

Day 5
Set 3
priorities

Day 6
Simple
breakfast

Day 7
Simple
breakfast



Week 2: Evening Reset

Day 8

10-min tidy

Day 9
Pack bags
early

Day 10 Choose clothes Day 11
Simple
dinner

Day 12
Switch-off
time

Day 13 Gratitude note

Day 14
Early
sleep

Week 3: Kids' Calm Routine

Day 15

Quiet
activity bin

Day 16
Use reward
chart

Day 17 Calm-play 10 mins Day 18
Toy
rotation

Day 19
Simple art
time

Day 20 Bedtime <u>checklist</u>

Day 21
Sticker
reward

Week 4: Mom Energy Reset

Day 22

Drink 2L water **Day 23**

10-min walk

Day 24

No sugar day

Day 25

Take breaks

Day 26

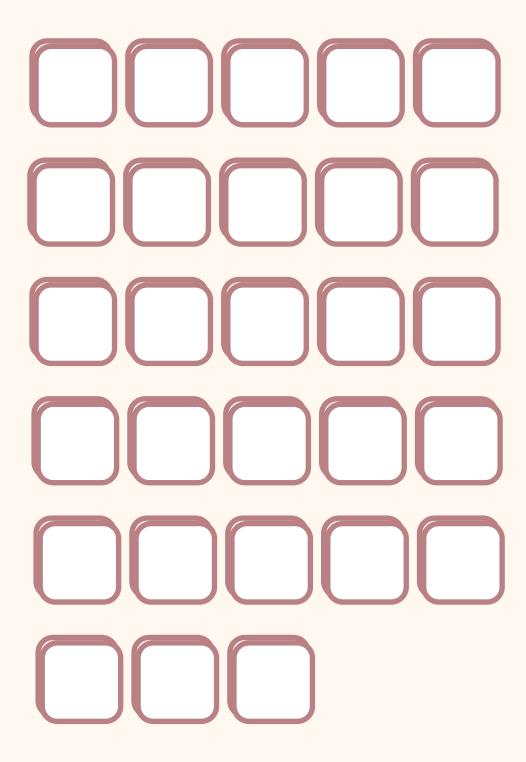
Reset workspace **Day 27**

Self-care mini

Day 28
Early lights
out



Your 28-Day Reset Checklist





Notes



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