



# 6-Week Functional Reset Program

Week 1

Week 2

Week 3

Week 4

Week 5



## Baseline

Self-Assessment

- Assess sleep, diet, energy
- Establish new routines
- Track daily highlights

## Regulation

Energy & Nervous System

- Refine diet and sleep
- Support circadian rhythm
- Manage stress & movement

## Integration

Long-Term Balance

- Assess new baselines
- Integrate what works
- Plan your next steps

### What not to worry about yet:

- ✗ Supplements or diets
- ✗ Perfect habits
- ✗ Supplements or diets
- ✗ Perfect habits
- ✗ Immediate results