

TOTAL BODY RESET

3-Day Body Reset Plan

Lose Bloating, Boost Energy &
Feel Lighter in 72 Hours

DAY 1

Clean Start

DAY 2

Activate

DAY 3

Reset

WHAT YOU WILL ACHIEVE:

- Noticeably reduced bloating within 72 hours
- Stable, sustained energy throughout your day
- Clearer mind and a lighter, less sluggish feeling
- A clean foundation for lasting healthy habits

Your journey to a healthier you starts right now.

A Free Guide by Total Body Reset | totalbodyresetco.com

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Your 72-hour transformation starts on the very next page.

Follow each day exactly as written for the best results.

CHAPTER 1

Welcome to Your Reset

Encouraging | Relatable | Supportive

You have probably felt it before: that sluggish, heavy feeling after a few days of poor eating, not enough water, and little to no movement. Your clothes feel tighter. Your energy is low. Your mind feels foggy. You are not broken — you just need a reset.

Sound familiar? You are not alone.

- Feeling bloated even when you have not overeaten
- Energy that crashes midday and never seems to recover
- Trying to start over again but not knowing where to begin
- Feeling frustrated with slow or non-existent results

Good news: This plan is designed for exactly where you are.

This 3-day reset is not a punishment or a crash diet. It is a simple, structured framework that uses three powerful tools — clean eating, consistent hydration, and short daily movement — to help you feel noticeably better by Day 3.

What makes this different from other plans?

- v No calorie counting**
Just simple, whole food choices without the stress.
- v No gym required**
All movement is done at home in just 10 to 20 minutes.
- v No strict rules**
Flexible enough to fit your real lifestyle.
- v Fast, visible results**
Most people feel a clear difference by Day 2.

C**COMMITMENT TIP**

Commit to all 3 days fully. The compounding effect is real — each day builds on the last, and Day 3 is where the magic truly happens. Do not skip ahead.

CHAPTER 2

How This Reset Works

Three Principles. Three Days. One Transformation.

Every element of this plan is built around three core principles. Understanding why they work will help you commit to them with confidence.

01**CLEAN EATING**

- Choose whole, unprocessed foods
- Reduce sugar and refined carbs
- Remove inflammatory triggers
- Support your gut microbiome

02**HYDRATION**

- Drink 2.5 litres of water daily
- Start each day with lemon water
- Cut back on caffeine and alcohol
- Naturally flush out toxins

03**DAILY MOVEMENT**

- Just 10-20 minutes per day
- No equipment whatsoever needed
- Boosts metabolism and elevates mood
- Dramatically improves sleep quality

How the 3 Days Build on Each Other

DAY 1**CLEAN**

Remove the junk. Hydrate fully. Move gently.

DAY 2**ACTIVATE**

Protein focus. Core workout. Stay consistent.

DAY 3**RESET**

Light meals. Stretch. Notice your progress.

K**KEY INSIGHT**

Do not skip ahead or mix up the days. The sequence is intentional — Day 1 prepares your body, Day 2 energises it, and Day 3 locks in your results for good.

CHAPTER 3

Day 1 — Clean Start

Cleanse | Hydrate | Move

Today is about clearing the slate. You will remove the foods that cause inflammation and bloating, flood your body with water, and ease into daily movement. Keep it gentle and consistent.

Day 1 Schedule

MORNING	Warm lemon water (500ml) + oats with banana, chia seeds and honey
MID-MORN.	1 large glass of water + apple slices with almond butter
LUNCH	Grilled chicken or tofu with quinoa, cucumber salad and lemon dressing
AFTERNOON	Herbal tea (no sugar) + a small handful of unsalted mixed nuts
DINNER	Steamed vegetables with brown rice and a drizzle of olive oil

10-Minute Evening Home Workout

Jumping Jacks 30 sec	Bodyweight Squats 40 sec	Push-Ups 30 sec
High Knees 40 sec	Plank Hold 30 sec	Rest & Breathe 30 sec

Day 1 Hydration Goal: 2.5 Litres

- Start your morning with 500ml warm lemon water — before coffee or food
- Drink a full glass of water 20 minutes before each meal
- Keep a water bottle visible on your desk or kitchen counter at all times

DAY 1 TIP

D Drink a full glass of water before your workout and another immediately after. Hydration is your single most powerful tool on Day 1. Do not underestimate it.

CHAPTER 4

Day 2 — Activate

Protein | Core | Energy

You should already feel lighter from Day 1. Today we activate your metabolism with protein-rich meals and a focused core workout. More energy is your goal — and you will feel it.

Day 2 Meal Plan — Protein Focus

MORNING

Greek yoghurt with mixed berries, flaxseeds and a handful of walnuts

MID-MORN.

2 boiled eggs + cucumber slices + 1 large glass of water

LUNCH

Grilled salmon or tofu with roasted sweet potato and steamed broccoli

SNACK

Protein shake or a small handful of almonds with a green apple

DINNER

Chicken or lentil soup with whole-grain bread and a large green salad

15-Minute Core & Full Body Workout

Warm-Up Walk

2 min

Plank Hold

45 sec x3

Mountain Climbers

30 sec x3

Glute Bridges

15 reps x3

Bicycle Crunches

20 reps x3

Cool-Down Stretch

2 min

AVOID These on Day 2:

- Sugary drinks — juice, soda and sweetened coffee all cause bloating
- Processed snacks and fast food — they undo yesterday's hard work
- Excessive salt — it causes water retention and puffiness
- Skipping meals — it slows your metabolism and spikes cravings

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DAY 2 MOTIVATION

You may feel a little tired mid-afternoon — that is completely normal as your body adjusts. Drink water, take a 5-minute walk, and push through. By evening you will feel great.

CHAPTER 5

Day 3 — Reset & Balance

Restore | Reflect | Feel the Change

This is your landing day. Your body has been working hard for two days straight. Today we focus on light nourishing food, gentle movement, and giving yourself real credit for showing up.

Day 3 Light & Balanced Meal Plan

MORNING

Smoothie: spinach, banana, almond milk, protein powder and ice

MID-MORN.

Herbal tea + a small bowl of mixed fruits with a few cashews

LUNCH

Large mixed salad with chickpeas, cucumber, tomato, olive oil and lemon

SNACK

Apple slices with almond butter + another full glass of water

DINNER

Baked fish or tempeh with steamed asparagus and a small portion of rice

15-Minute Recovery & Stretching Routine

Child's Pose

60 seconds

Hip Flexor Stretch

45 sec each side

Cat-Cow Stretch

10 slow reps

Seated Forward Fold

60 seconds

Neck & Shoulder Rolls

30 sec

Deep Belly Breathing

3 minutes

Take a Moment to Reflect — Notice These Changes:

- Is your stomach flatter or less bloated compared to Day 1?
- Do you have noticeably more energy right now than 72 hours ago?
- How does your skin look? Any extra glow or clarity?
- Are you thinking more clearly and feeling less mentally foggy?

R**REFLECTION TIP**

Take a photo today and compare it to your Day 1 photo. Physical changes may be subtle, but how you FEEL is the real victory. Celebrate that — you earned it.

CHAPTER 6

Common Mistakes to Avoid

Knowledge is your best weapon against setbacks.

Even the best plans can be derailed by small, entirely avoidable errors. Here are the four most common mistakes people make during a reset — and exactly how to sidestep them.

Skipping Water



Dehydration is the single biggest mistake. Without adequate water, your body cannot flush toxins or reduce bloating. Many people confuse hunger with thirst. Aim for at least 2.5 litres every single day.

Overeating Healthy Foods



Nuts, avocado, brown rice and fruit are healthy choices — but in excess they will slow your results. Portion control still matters. Use your hand as a guide: one palm for protein, one fist for carbs.

Expecting Overnight Miracles



The reset works progressively and builds over time. Some people feel a big difference by Day 2. Others notice it more after Day 3. Trust the process and resist the urge to weigh yourself every hour.

Skipping Daily Movement



Even a 10-minute walk creates a significant metabolic difference. Movement stimulates digestion, reduces water retention and releases endorphins that keep you motivated. Never skip this step.

CHAPTER 7

Next Steps

Your journey is just beginning.

Congratulations — you have completed your 3-Day Body Reset! You have proved something powerful to yourself: that you can commit, stay consistent, and feel real results quickly. That is a big deal.

WHAT COMES NEXT FOR YOU

Your Full 7-Day Total Body Reset System Is Coming Next.

Check your email — your next phase is delivered within 24 hours.

totalbodyresetco.com

Continue Your Journey Starting Today:

-  **Keep eating clean**
Continue removing processed foods and added sugar for lasting change.
-  **Stay hydrated every day**
Make 2.5 litres of water your new daily non-negotiable habit.
-  **Move for 20 minutes daily**
Even walking counts. Consistency always beats intensity.
-  **Track how you feel each day**
Write down your energy, mood and body changes every morning.
-  **Share your results**
Tell a friend or post online — accountability accelerates results.

***"Small steps taken consistently
create extraordinary results."***

— Total Body Reset

This guide is for educational purposes only and does not replace professional medical advice. Always consult a qualified healthcare professional before making significant changes to your diet or exercise routine.