TOTAL BODY RESET

3-Day Body Reset Plan

Feel Lighter, More Energized &
Back on Track in 3 Days

DAY 1	DAY 2	DAY 3
Clean Start	Activate	Reset

WHAT THIS PLAN AIMS TO HELP WITH:

- A simple routine to help you feel less bloated
- More steady energy through your day
- A clearer head 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 3-day reset starts on the very next page.

Follow each day in order, and adjust to suit your body.

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 better as the days go by.

What makes this different from other plans?

- **No calorie counting**
  Just simple, whole food choices without the stress.
- **No gym required**
  All movement is done at home in just 10 to 20 minutes.
- **No strict rules**
  Flexible enough to fit your real lifestyle.
- **A short, simple plan**
  Many people notice a difference as the days go on.

COMMITMENT TIP

Commit to all 3 days fully. Small steps add up — each day builds on the last, and Day 3 is where the habits start to settle in. Do not skip ahead.

SAFETY NOTE

This plan is general wellness information and is not suitable for everyone. If you are pregnant or breastfeeding, have a health condition such as diabetes, take regular medication, or have a history of disordered eating, please speak with a doctor before you begin. Stop and rest if you feel dizzy or unwell.

CHAPTER 2

How This Reset Works

Three Principles. Three Days. One Fresh Start.

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
- Limit common bloating triggers
- Include fiber-rich whole foods

02 HYDRATION

- Drink 2.5 litres of water daily
- Start each day with lemon water
- Cut back on caffeine and alcohol
- Support healthy digestion

03 DAILY MOVEMENT

- Just 10-20 minutes per day
- No equipment whatsoever needed
- Lifts your mood and energy
- Can help you sleep better

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.

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 helps your new habits settle in.

CHAPTER 3

Day 1 — Clean Start

Cleanse | Hydrate | Move

Today is about clearing the slate. You will cut back on foods that can leave you bloated, 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

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DAY 1 TIP

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

CHAPTER 4

Day 2 — Activate

Protein | Core | Energy

You may already feel lighter after Day 1. Today we build your energy with protein-rich meals and a focused core workout. More energy is your goal — and you may 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 can all add to bloating
- Processed snacks and fast food — they undo yesterday's hard work
- Too much salt — it can cause water retention and puffiness
- Skipping meals — it can leave you tired and craving snacks

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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 may feel much better.

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:

- Do you feel less bloated compared to Day 1?
- Do you have more energy right now than 72 hours ago?
- How is your mood? Do you feel more positive?
- Are you thinking more clearly and feeling less mentally foggy?

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REFLECTION TIP

Jot down how you feel today and compare it with Day 1. 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

Not drinking enough is one of the most common mistakes. Without enough water, you may feel tired and bloated. Many people confuse hunger with thirst. Aim for about 2.5 litres every day.

Overeating Healthy Foods

Nuts, avocado, brown rice and fruit are healthy choices — but in excess they can 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 notice a 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 can make a real difference. Movement can support digestion, may ease water retention and can lift your mood and motivation. 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 build real momentum. That is a big deal.

WHAT COMES NEXT FOR YOU

Want More Simple Wellness Tips? Visit Our Blog for More.

Find more free guides and healthy habit tips on our blog.

totalbodyresetco.com

Continue Your Journey Starting Today:

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