

 Your Action Plan

7-Day Recovery Plan: Reset Your Body & Break the Cycle

Ready to stop the frustrating cycle of **exercising but gaining weight**? This simple, science-backed plan will help you restore balance, reduce stress hormones, and get your metabolism back on track—in just one week.

Day 1



Rest & Reflect

Focus: Complete rest. No structured exercise.

- ☒ Take a 15-minute mindful walk (gentle pace)
- ☒ Practice 5 minutes of deep breathing
- ☒ Hydrate with 8 glasses of water
- ☒ Journal: "How am I feeling today?"

 **Why:** Allows your nervous system to reset and cortisol levels to drop.

Day 2



Gentle Movement

Focus: Light stretching and mobility.

- ☒ 10 minutes of gentle stretching or chair yoga
- ☒ Focus on hamstrings, hips, and shoulders
- ☒ Eat a protein-rich breakfast
- ☒ Prioritize 7+ hours of sleep tonight

 **Why:** Promotes blood flow without adding stress. Supports muscle repair.

Day 3



Nutrition Focus

Focus: Anti-inflammatory eating.

- ☒ Include leafy greens with lunch and dinner
- ☒ Add healthy fats (avocado, olive oil, nuts)
- ☒ Reduce caffeine and sugar intake
- ☒ Drink herbal tea in the evening

 **Why:** Reduces inflammation and supports hormonal balance.

Day 4



Sleep Reset

Focus: Prioritize quality sleep.

- ☒ Set a consistent bedtime and wake time

- ☒ No screens 1 hour before bed
- ☒ Try a 10-minute meditation before sleep
- ☒ Keep bedroom cool and dark

💡 **Why:** Sleep is when your body repairs muscle and balances hormones.

Day 5



Active Recovery

Focus: Low-impact activity.

- ☒ 20-minute walk in nature
- ☒ Gentle stretching or yoga
- ☒ Focus on breath awareness during activity
- ☒ Stay hydrated throughout the day

💡 **Why:** Stimulates blood flow and recovery without elevating cortisol.

Day 6



Stress Management

Focus: Mental recovery.

- ☒ Practice 10 minutes of guided meditation
- ☒ Limit news and social media
- ☒ Spend time on a hobby you enjoy
- ☒ Write down 3 things you're grateful for

💡 **Why:** Lowers cortisol and supports emotional well-being.

Day 7



Reflect & Plan Forward

Focus: Assess and plan for sustainable habits.

- ☒ Journal: "How do I feel compared to Day 1?"
- ☒ Plan a balanced weekly exercise schedule
- ☒ Schedule 2-3 rest/recovery days per week
- ☒ Set realistic, non-scale goals

💡 **Success Check:** Are you feeling more energized, less sore, and less stressed? You're on the right track!