PRINTABLE CHECKLIST

The 30-Day Wellness Reset Checklist

Small habits, kept quietly, for thirty days.

◆ PRINT IT · CHECK IT OFF · BREATHE ◆

Choose your focus

Fewer focus areas, more follow-through.

- [ ] **Choose two or three focus areas.** Calm, focus, rest, movement, connection, purpose.
- [ ] **Write what you'd like to feel at the end of the month.** In a sentence.
- [ ] **Pick three to five daily habits.** Small enough for a busy day.
- [ ] **Clear one obstacle in advance.** Lay out shoes, charge the phone outside the bedroom.

The daily check-in

Two minutes. Over a month, it tells you a lot.

- [ ] **Rate your mood.** 1 to 5.
- [ ] **Rate your energy.** 1 to 5.
- [ ] **Check off your habits.** Done or not.
- [ ] **Write one line.** What helped today?

NOTES

Start gently

Consistency over intensity.

- [ ] **Focus on showing up.** Not on doing it perfectly.
- [ ] **Notice your best time of day for habits.**
- [ ] **End the week with a short reflection.** What felt easy? What felt forced?

Adjust and continue

Change what isn't working instead of quitting.

- [ ] **Swap a habit that isn't working.** Rather than dropping the reset.
- [ ] **Look at your mood and energy trend.** The direction matters more than any day.
- [ ] **Add a weekly reflection prompt.** "What drained me this week? What restored me?"
- [ ] **Plan for disruptions.** Travel, busy weeks, illness.

NOTES

Finish and review

Look back before you start over.

- [ ] **Read back through the month.** Your one-line notes in particular.
- [ ] **Compare your first and last week.** Mood, energy, habits completed.
- [ ] **Choose what to keep.** One or two habits.
- [ ] **Pick a date for your next reset.**

> **If you take one thing from this checklist:** the daily check-in matters more than the habits. Two minutes of noting mood, energy and what helped is what lets you see, at the end of the month, what actually made a difference.

> **Please note:** This is a general habit-tracking guide, not medical advice. Before changing your diet, exercise or sleep significantly, check with a healthcare provider, especially if you have a health condition.

NOTES

WHEN PAPER STOPS BEING ENOUGH

This checklist can't show you the trend.

Paper is a good companion for a week. Over a month, it gets harder to see how mood and energy moved, which habits stuck, and what your best days had in common.

The MDRN Wellness Reset Planner

A habit tracker with streaks, mood and energy check-ins with a trend view, a reflection journal and a day-by-day plan. Private, on your device.

mdrn-milestone-website.vercel.app/planners/wellness-reset.html

◆ $21, once. Yours forever. ◆