

SheMed®

30 DAY RESET CHALLENGE

A 30-Day Wellness
Challenge for Women



THE FIRST STEP TO A NEW YOU

Welcome to your
SheMed Reset.

This guide is designed
to help you feel more
grounded, energised, and
connected to yourself.

Each day includes
a simple habit supported
by women-focused
wellbeing science.
Small steps add up. You
don't need perfection
– just gentle consistency.

We're so glad you're here.

The SheMed Team



HOW THE RESET WORKS

- 30 days of small, meaningful habits
- Designed to support hormones, metabolism, mood and energy
- Easy to follow, no extremes
- Works alongside the SheMed programme or on its own
- Move through it at your own pace



CELEBRATE WINS, *BIG OR SMALL*

- Got outside today? Win.
- Walked while making a phone call? Win.
- Beat yesterday's step count by 100? Major win.

Keep a jar, calendar, or journal where you record your daily "WINS" – no matter how small. Over time, these wins stack into strength.

Real Talk: What If I Miss a Day?

That's not failure – it's life. Start again. Reframe "missed days" as **rest days**, and honor your body's cues.

"Progress, not perfection" is more than a mantra – it's your truth.



WEEK 1 RECONNECT

Reconnecting with your body, rhythms and needs.

DAY	TASK	
1 <input type="checkbox"/>	<p>Set Your Intention Write how you want to feel. Emotion-led goals are linked to better follow-through.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
2 <input type="checkbox"/>	<p>10-Minute Walk Movement improves insulin sensitivity and supports mood-regulating neurotransmitters.</p>	
3 <input type="checkbox"/>	<p>Hydration Reset Aim for ~1.5-2L. Even mild dehydration affects energy and concentration.</p>	
4 <input type="checkbox"/>	<p>Protein-Rich Breakfast Protein in the morning helps stabilise appetite-regulating hormones like ghrelin.</p>	
5 <input type="checkbox"/>	<p>Digital Declutter Reducing online noise supports cortisol balance and reduces overwhelm.</p>	<p>Screen time: _____</p>
6 <input type="checkbox"/>	<p>Slow Morning Practice A slow first hour reduces sympathetic nervous system activation.</p>	

SUPPORTING HORMONES + STEADY ENERGY THROUGH FOOD

- Balanced meals support balance within.
- Regular nourishment keeps energy steady.
- Small food choices can make a big difference.

Food is information for your body – supporting hormones, energy, and daily rhythm.

Real Talk: Feeling Low on Energy?

Consistency matters more than perfection. Nourish regularly and listen to what your body needs.



WEEK 2 NOURISH

Supporting hormones + steady energy through food

DAY	TASK	
8 <input type="checkbox"/>	<p>Add Nourishing Fats Omega-3 and monounsaturated fats support hormonal health.</p>	
9 <input type="checkbox"/>	<p>Build a Balanced Plate Use the simple formula: protein + fibre + healthy fats + colour.</p>	
10 <input type="checkbox"/>	<p>Warm, Grounding Meal Warm meals support digestion by relaxing the GI tract.</p>	
11 <input type="checkbox"/>	<p>Caffeine Cutoff No caffeine after 12 p.m. supports deeper sleep and steadier cortisol.</p>	
12 <input type="checkbox"/>	<p>Gentle Meal Prep Prep 2-3 items: roasted veg, a protein, a simple soup – nothing intense.</p>	
13 <input type="checkbox"/>	<p>One Meal Without Screens Mindful eating supports satiety signalling.</p>	

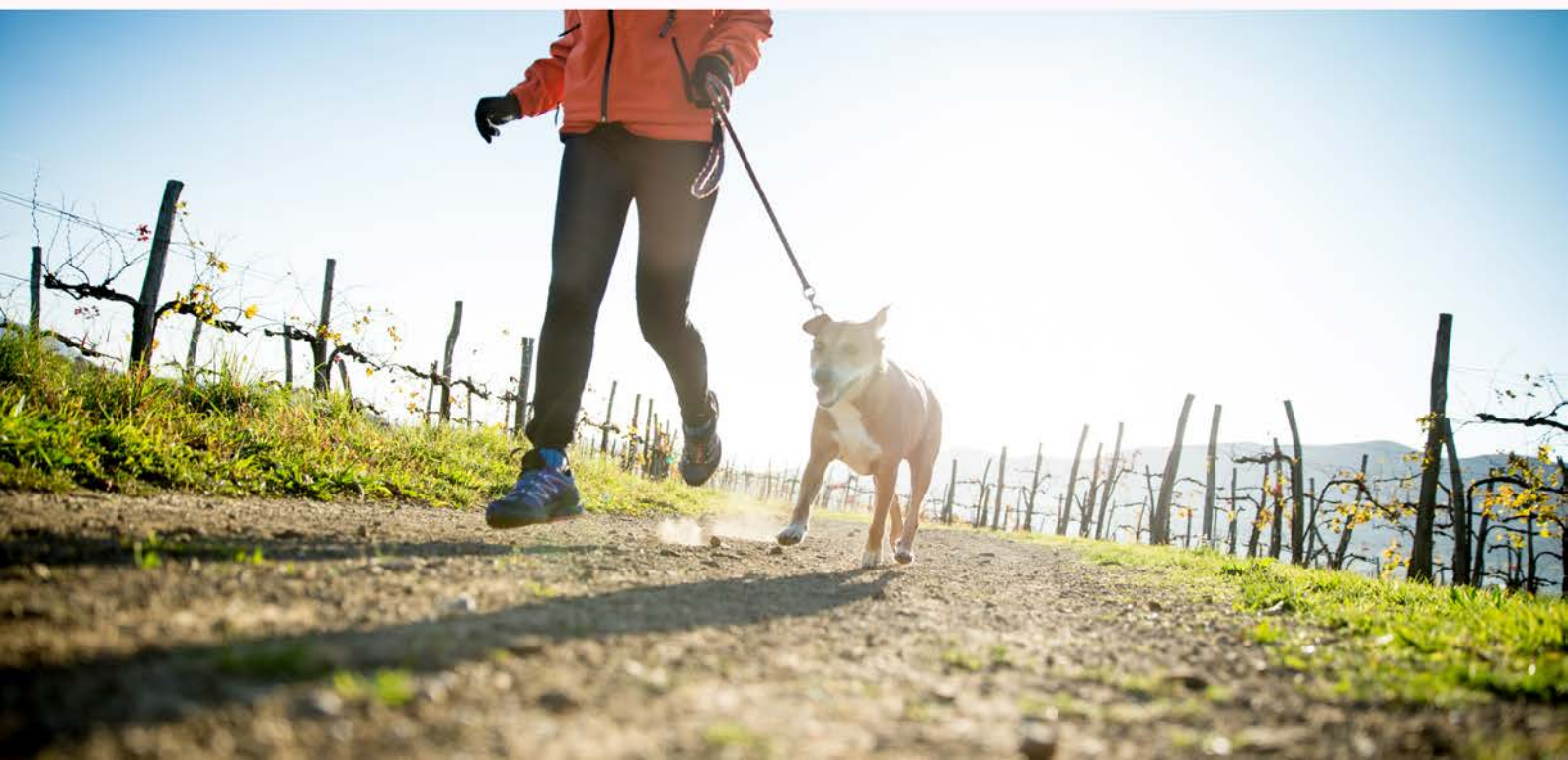
MOVE: GENTLE STRENGTH, MOBILITY AND WALKING

- Move to build strength, not strain.
- Mobility keeps your body supported.
- Walking counts – every step matters.
- Consistency over intensity builds lasting results.

Movement doesn't have to be intense to be effective. Gentle, consistent motion supports your body every day.







Real Talk: Missed a Workout?

That's okay. Movement is flexible – start where you are and keep going.



WEEK 3 MOVE

Gentle strength,
mobility and walking

DAY	TASK	
15 <input type="checkbox"/>	<p>10-Minute Strength Circuit Strength training increases metabolic rate by supporting lean muscle mass.</p>	
16 <input type="checkbox"/>	<p>5-Minute Stretch Before Bed Stretching activates the parasympathetic nervous system.</p>	
17 <input type="checkbox"/>	<p>20-Minute Outdoor Walk Outdoor light helps regulate circadian rhythm.</p>	
18 <input type="checkbox"/>	<p>Mobility Flow Mobility supports joint health and reduces injury risk.</p>	
19 <input type="checkbox"/>	<p>Joyful Movement Dance, yoga or Pilates improves dopamine and reduces stress.</p>	
20 <input type="checkbox"/>	<p>Rest Day Rest is essential for hormone and nervous system recovery.</p>	

RESTORE SLEEP, STRESS & BALANCE

- Quality sleep supports recovery and balance.
- Managing stress protects emotional wellbeing.
- Healthy boundaries prevent burnout.

Rest doesn't mean stopping – it means restoring. Thoughtful pauses support your body and mind.







Real Talk: Feeling Overwhelmed?

That's okay. Start with one boundary, one moment of rest, and build from there.



WEEK 4 RESTORE

Sleep, stress, boundaries,
emotional wellbeing

DAY	TASK	DESCRIPTION
22 <input type="checkbox"/>	<p>Prioritise Sleep Aim for 7–9 hours. Sleep impacts appetite hormones, memory and immunity.</p>	
23 <input type="checkbox"/>	<p>Reduce One Stressor Delegating or delaying a task reduces cognitive load.</p>	
24 <input type="checkbox"/>	<p>5-Minute Breathwork Slow breathing reduces cortisol and heart rate.</p>	
25 <input type="checkbox"/>	<p>Tidy One Small Space Decluttering reduces visual stress and decision fatigue.</p>	
26 <input type="checkbox"/>	<p>Plan Three Nourishing Meals Planning reduces reactive food choices driven by cortisol or fatigue.</p>	
27 <input type="checkbox"/>	<p>Connect With Someone Supportive Social connection boosts oxytocin and emotional resilience.</p>	

REFLECT ON WHERE YOU ARE NOW

- Spend the final days to catch up or slow down.
- Space to finish strong without pressure.
- Flexibility built into your journey.
- Time to reflect, reset, and realign.

Reset is about easing the pace, not rushing the finish. These bonus days give you time to reflect, complete, and realign.

Real Talk: Fell Behind?

That's okay. Progress isn't linear – use these days in a way that supports you.



WEEK 5 REFLECT

	TASK	
29 <input type="checkbox"/>	<p>Reset Ritual A calming self-care ritual to close the month: tea, journaling, bath, light stretching.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
30 <input type="checkbox"/>	<p>Celebrate Progress Acknowledging progress boosts motivation and dopamine.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

VISION SETTING

For the month ahead, choose three small habits you'd like to continue. These should be habits that made you feel better, calmer, stronger, or more in control – not because you had to do them, but because they served you.

A FINAL NOTE

You've cared for yourself for 30 days.
That's meaningful, and it matters.

If you're ready for a more
personalised approach, the SheMed
programme is here whenever you're
ready to take that step.

With warmth,
The SheMed Team

We're so proud of you.

