

7-Day Jumpstart Habit-Stacking Checklist

(Each day, add the new habit to the ones you've already built. By Day 7, you'll be practicing all seven daily.)

Day 1 – Hydration Foundation

- ☐ Drink a full glass of water first thing in the morning
- ☐ Track your hydration (goal: Half your bodyweight (lbs) in Ounces of water spread throughout the day. **Ex.** 100lb person aims for 50oz of water.)

Day 2 – Protein Priority

- ☐ Continue Day 1 habits
- ☐ Include a lean protein source at every meal/snack
- ☐ Aim for ~25–40 g protein per meal (0.8g of protein per pound of bodyweight, 1.2 grams for optimizing muscle growth).

Day 3 – Move with Purpose

- ☐ Continue Day 1–2 habits
- ☐ Get at least 30 minutes of intentional movement involving an elevated heart rate wherein you are not out of breath (strength, cardio, or mobility).
- ☐ Add “movement snacks” (stretch breaks, short walks) throughout the day

Day 4 – Eat the Rainbow

- ☐ Continue Day 1–3 habits
- ☐ Add at least 3 different colors of fruits/veggies today
- ☐ Rotate choices to maximize nutrients

Day 5 – Sleep Like It's Your Job

- ☐ Continue Day 1–4 habits
- ☐ Create a wind-down routine (no screens 30 min before bed, dim lights, herbal tea)
- ☐ Stretch or do light mobility before bed to relax the body
- ☐ Aim for 7–9 hours of quality sleep

Day 6 – Mindfulness & Mental Wellness

- ☐ Continue Day 1–5 habits
- ☐ Think of 2 things you feel grateful for today.
- ☐ Do a quick **mental wellness check**: How's your mood, stress, and energy today?
- ☐ Practice 2–3 minutes of deep breathing or journaling if stress is high.

Would you benefit from a reduction in caffeine and magnesium supplementation?

Day 7 – Reflect & Reset

☐ Continue Day 1–6 habits

☐ Take 2–3 minutes to reflect:

- One win from today
- One area to improve tomorrow
 - ☐ Write down one thing you're grateful for
 - ☐ Reset your environment (prep meals, tidy space, set up for success next week)

By the End of 7 Days

You'll be practicing:

- Hydration tracking
- Protein at every meal
- Daily movement
- Colorful nutrition
- Sleep hygiene
- Mindfulness + mental wellness check
- Reflection & reset

These seven habits are the **core pillars professionals emphasize** in short-term resets because they're simple, measurable, and compound into long-term results!

Disclaimer

The 7-Day Jumpstart Habit Checklist is intended for **general educational and informational purposes only**. It is not a substitute for personalized medical advice, diagnosis, or treatment. Everyone's health, fitness level, and nutritional needs are different, and results may vary.

Before making changes to your diet, exercise routine, sleep habits, or lifestyle practices, consult with a qualified healthcare professional to ensure these strategies are appropriate for you.

By choosing to follow this checklist, you acknowledge that you are doing so voluntarily and at your own risk. The creator of this program is not responsible for any adverse effects, injuries, or health concerns that may arise.

