



WELLNESS
— ADVICE HUB —
GROW. BALANCE. THRIVE.

My 30-Day Wellness Reset Planner

A simple companion to the free
7-Day Wellness Reset

by Ahlem Saadane



START HERE | How to Use Your Planner

You do not need to change everything at once. Choose actions that fit your circumstances, energy, access, and schedule. Your 30-day approach

- Choose one to three small habits—not a complete life overhaul.
- Make each habit specific enough that you know when you have done it.
- Track effort, not perfection. A blank box is feedback, not a verdict.
- Review your plan once a week and make it easier when needed.
- Adapt any activity that does not fit your health or circumstances.

01 | Choose Your Priorities

How would I like to feel or function by the end of these 30 days?

[Your intention:_____]

Which areas would I most like to support? Choose up to three:

- Sleep and rest
- Everyday nutrition
- Hydration
- Movement
- Stress management / mindful pauses
- Consistency and planning

02 | Design Your Habits

Start with one habit. Add a second or third only if it feels manageable.

Example: 'After I make my morning drink, I'll take a comfortable two-minute movement break.'

HABIT 1

I will...

When?

Smallest version:

HABIT 2

I will...

When?

Smallest version:

HABIT 3

I will...

When?

Smallest version:

03 | Your 30-Day Habit Tracker (1-15)

Mark: ✓ =done or attempted • ~=adapted • blank=information to learn from.

Day	Date	Habit 1	Habit 2	Habit 3	Note
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

03 | Your 30-Day Habit Tracker (16-30)

Mark: ✓ =done or attempted • ~ =adapted • blank=information to learn from.

Day	Date	Habit 1	Habit 2	Habit 3	Note
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

WEEK 1 | Weekly Review

Take a few minutes to notice what worked. This is a learning check-in, not a test.

Which habit felt easiest to repeat?

What got in the way, if anything?

What helped me follow through?

What small adjustment will I try next week?

My check-in: Not yet consistent • Sometimes • Mostly consistent • Ready to build on it

One thing I'm proud of:

Missing a day is information, not failure. Begin again with the next small action.

WEEK 2 | Weekly Review

Take a few minutes to notice what worked. This is a learning check-in, not a test.

Which habit felt easiest and why?

What is one obstacle I can make easier?

Who or what supported me this week?

What will I keep exactly the same?

My check-in: Not yet consistent • Sometimes • Mostly consistent • Ready to build on it

One thing I'm proud of: _____

Missing a day is information, not failure. Begin again with the next small action.

WEEK 3 | Weekly Review

Take a few minutes to notice what worked. This is a learning check-in, not a test.

What is becoming more automatic?

What do I want to pause or change?

How did my energy feel this week?

What is my one focus for next week?

My check-in: Not yet consistent • Sometimes • Mostly consistent • Ready to build on it

One thing I'm proud of:

Missing a day is information, not failure. Begin again with the next small action.

WEEK 4 | Weekly Review

Take a few minutes to notice what worked. This is a learning check-in, not a test.

What did I learn about my schedule?

What am I most proud of maintaining?

What needs more flexibility?

What will I carry into next month?

My check-in: Not yet consistent • Sometimes • Mostly consistent • Ready to build on it

One thing I'm proud of:

Missing a day is information, not failure. Begin again with the next small action.

04 | Your 30-Day Reflection

Which habits did I keep, adapt, or decide to stop?

What did I learn about my schedule, energy, or obstacles?

Which change felt most useful or realistic?

What will I continue for the next 30 days?

My next-step commitment: For the next month, I will focus on... You do not need a perfect routine. You need a routine you can return to.

KEEP GOING, ONE SMALL STEP AT A TIME

Thank you for taking time for your well-being. Return to the habits that support you, adjust what does not fit, and seek qualified guidance when you have health questions.

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wellnessadvicehub.com

Educational resource only. This planner does not diagnose, treat, or prevent medical conditions. Consult a qualified health professional for personalized advice.