PHASE 1: RESET

SELF-ASSESSMENT

Get centered and aligned with yourself, your reality, and your priorities—because when you know where you are, it's easier to get where you want to go.

WHAT'S INSIDE

2 **How Many Calories You Need:** make sure you're getting enough

3 **Moving For Your Goal:** maintain vs. build

4 **Visualize Your Week:** where it all actually fits

5 **What You Want:** the real why underneath

HOW MANY CALORIES YOU NEED

Your first priority and your primary safety signal is to eat enough sheer calories for what your body needs. We can get a close estimate of what you need using a TDEE calculator like the one linked below. Enter your age, sex, height, and weight to see your estimated BMR plus a **Daily Calorie Requirements** table with five activity levels. Read the row that matches your current reality. That number should determine how you plan your meals during Reset. The Food Success Packet will help!

Note: if you're using the 4 day fitness plan for Phase 1 and challenging yourself as indicated, your needs will likely fall between the MODERATE and HEAVY calculations. If you're using the fitness plan, but only completing 2-3 days each week, or you're unable to challenge your body as indicated just yet, your needs will likely fall between the LIGHT and MODERATE rows. Remember that this is your starting point; your individual needs may vary! That's what the guidance you'll find in the community is for.

https://www.inchcalculator.com/bmr-calculator/

WHAT YOU'RE REALLY EATING

Write out an ordinary day of eating in the space below and assess whether it's aligned with your goals. For more insight, feed it into an AI platform to get an estimate of how many calories you're eating in a day.

HONEST ASSESSMENT

Am I eating enough? Are there enough calories coming in that my body feels resourced and safe? Y/N

Am I eating consistently? Am I having 3-4 meals at regular intervals daily, not fasting, skipping, or over-correcting later? Y/N

Am I eating balanced? A whole protein, fiber-rich carb, extra free fiber, & healthy fat on most plates, most days? Y/N

How can I close the gap between what I need and what I'm getting?

MOVING FOR YOUR GOAL

First, decide what your track is: maintenance, or muscle building. Recomp usually involves the goal of adding muscle, but you get to choose! And remember to focus: muscle is built by resistance training; conditioning and HIIT are great when used properly, but they don't build muscle the way lifting does. Be sure you're able to focus on what matters during Reset and leave the rest.

TRACK

Maintain

Keep the muscle you have

- **2 days / week full-body resistance** training
- Effort: **RPE 7–8** — 2–3 reps left in the tank
- Roughly **2–6 hard sets** per muscle group /week
- Daily walks are important for added movement as well as recovery.
- The **Phase 1 BRDR Workout Plan** checks all these boxes for you, no thinking required.

How will I fit this in, and what feels unclear or unsure?

TRACK

Build

Add muscle

- **3–4 days / week** resistance training
- Effort: **RPE 7–9** — close to, not to, failure
- Roughly **10+ hard sets** per muscle group /week
- Daily walks for circulation and recovery
- Ensure adequate **protein & carbs** to fuel it
- The **Phase 1 BRDR Workout Plan** checks all these boxes for you, no thinking required.

How will I fit this in, and what feels unclear or unsure?

HIIT, high-intensity work including Peloton, and fitness that's not crafted for progressive overload takes a backseat during Reset. Your number one priority is your muscle for the next 8 weeks!

VISUALIZE YOUR WEEK

Habituating your daily anchors and weekly prep is the core of this program. Start strong with a plan!

The 5 anchors: how will I ensure each one happens, and where will they fit?

Nervous system flow *a moment of regulation*

Writing *pen to paper*

Breakfast *the resourcing meal*

Movement / recovery *lift, walk, or rebuild*

Community check-in *you're not doing this alone*

Sketch out a possible weekly rotation, including your anchors and prep sessions.

MON	TUE	WED	THU	FRI	SAT	SUN

WHAT YOU WANT

Write down what you want.
Instead of starting with your goals (you're here, so we already know your goal is to STICK TO THE PLAN), start with your WANTS. Do you want to feel great, and look as good as you feel, for your high school reunion? Show your daughter what it means to take care of yourself? Have enough energy to get through the day? Write it ALL down in the space below (you'll notice that pen-to-paper is a theme of this program). No “want” is wrong.

Now go back and pick the 3 that are most important to you. Let these be your “why” for the next 6 months, so you don't lose sight of why you're here.