BRDR & PHASE 1 RESET

OVERVIEW

An introduction to the BRDR Program, the Regulation Framework, and your Phase 1 Reset process.

FIRST THINGS FIRST

WHAT'S INSIDE

2	**Disclaimer:** the usual
3	**How To Use This Overview:** the level-set
4-8	**BRDR & Reset Orientation:** our guiding principles & approach
9-11	**The Reset Experience:** your anchors, your 5 signs, your weekly snapshot, and your resources for making it work.
12	**After Your Reset:** what to expect & what's happening underneath

CONTENT & ACCESS NOTES

- **Content unlocks one week at a time,** with the exception of On Ramps, which can be more than 1 week per your discretion. Weekly drops keep you focused and on track.
- **New weeks open on Mondays**, with the following week's prep notes (meaning: you have a full week to prep for the following week.)
- **The monthly support call schedule is posted in the Community.** Bring your questions!
- **Fitness plans are delivered via PDF,** with an optional 6-month free trial to the Ideal Age Fitness App for BRDR participants. The app is ideal if you need video demos for exercises. Trial signup details are in the community and course Phase 1 On Ramp.
- **For course and community login details,** refer to your Welcome email.

© 2026 by Liz Wolfe. All rights reserved.
Please do not copy, cite, or distribute without permission of the author.

DISCLAIMER

The following program materials are provided for informational purposes only and do not constitute medical advice, diagnosis, or treatment. By reviewing or using these materials, you acknowledge and agree to the following:

1. Consultation with a professional. You understand that dietary and exercise changes can impact your health and well-being. It is imperative to seek guidance from a qualified healthcare provider before starting any new nutrition or fitness program, especially if you have any pre-existing medical conditions, dietary restrictions, injuries, or concerns.

2. Individual responsibility. You acknowledge that you are solely responsible for your dietary and exercise choices and their consequences. The creator of these materials shall not be held liable for any adverse effects, health complications, or damages that may arise from following this program.

3. Not a substitute for professional advice. These materials are not a substitute for personalized medical advice, diagnosis, or treatment. It is essential to consult with a healthcare professional to address your specific health concerns and needs.

4. Hold harmless agreement. You agree to hold harmless and indemnify the creator of these materials, including their affiliates, agents, employees, and partners, from any and all claims, damages, liabilities, or expenses arising from or related to your use of the program.

5. No practitioner-client relationship. Reviewing or using these materials does not establish a dietitian-client, trainer-client, or practitioner-client relationship between you and the creator. The creator is not a dietitian or physician and is not responsible for providing personalized counseling or monitoring your intake, training, or health.

6. Use at your own risk. You acknowledge that implementing dietary and exercise changes involves inherent risks and that you are choosing to use these materials at your own risk. It is your responsibility to assess your own needs, make informed choices, and monitor your body's response.

By proceeding to use these materials, you confirm that you have read, understood, and agree to abide by the terms of this disclaimer. If you do not agree with any part of it, you should refrain from using the program.

> Remember to prioritize your health and well-being by seeking professional guidance to make informed decisions.

HOW TO USE THIS OVERVIEW

This overview will help level-set and get you familiar with the BRDR approach, the Phase 1 Reset process, and your tools for success.

> **This is not a to-do list! It's a guide to prepare you for (and help you complete) your weekly instructions and action items, which are found in the BRDR course.** These are released to you weekly, via the course materials, to keep you accountable and on track. You'll receive an email every week when they're open to you. Login details are in your inbox.

THE LEVEL SET

- **BRDR is not a body recomp sprint.** It's about first giving *to* your body without asking anything additional in return (that's Phase 1 Reset); and second, working *with* your body during the process of changing it (that's Phase 2 Recomp). This takes 6 months *minimum*.

  The likelihood of body recomposition beginning in the Phase 1 Reset is good, but the official efforts come in Phase 2 Recomp. Why? Because recomp works far better on a system that's been fed and regulated for long enough that the body *trusts it*. (The Regulation Framework in a nutshell.)

  Be ready: this process is not always linear, it will take patience, and it can come with some emotional ups and downs. Real, sustainable results come *when you fully commit to the process for the long haul*.

- **You are not required to track calories or weigh food in Phase 1 Reset.** Instead, you'll be tracking the 5 Signs that tell you how you're *really* doing—and you'll be putting pen to paper using the Tuning In & Checking In packet to do it. (This is a bigger deal than it sounds like—see next point.)

  In Recomp, we *will* track caloric intake. There are a few options for doing this, and you'll choose the one that's right for you.

- **The hardest part of this whole program is probably not the food or the workouts.** It's tuning out external noise, tuning in to yourself, tracking what *actually* matters, *and doing it long enough that it makes a real, sustainable difference.*

  Most of us have never prioritized ourselves or our bodies in that way, and if we have, we haven't done it for long enough. *It's time.*

BRDR & RESET ORIENTATION

Body Recomp Done Right is built on The Regulation Framework and contains 2 main phases, which together make up over 6 months of programming, coaching, accountability, and support. *An optional 3rd phase, Real Life VIP, opens to you after your 6 month Reset/Recomp journey.*

PHASE ONE

Reset

10 weeks: 1+ week of On Ramp, 8 weeks of Reset, and 1 "Bridge to Recomp" week. **This is where you implement your Anchors and watch the 5 Signs.** We regulate the system and build the base every Recomp plan should have.

PHASE TWO

Recomp

18 weeks: 1+ week of On Ramp, 16 weeks of Recomp, and 1 "Bridge to Real Life" week. This is the body recomposition work that builds on your Reset foundations. The Anchors and 5 Signs stay (with small, intuitive shifts), and **additional tracking and metrics begin.**

PHASE THREE (OPTIONAL)

Real Life (VIP)

This optional membership opens to you after the 6 month Reset/Recomp journey, and **it comes with more resources for your "maintenance phase:"** Masterclasses, expert guests, office hours, and ongoing support for anything life throws your way.

WHY RESET COMES FIRST

Body recomposition is a metabolic process, and your metabolism and your nervous system are linked: you can't ask your metabolism to shift in a sustainable, healthy way without regulating the nervous system, and you can't regulate a system that's constantly stretched to its limits.

IMPORTANT NOTE

You've seen food and fitness challenges before. And while BRDR adds what most programs and challenges miss (the Regulation Framework), this is not a secret formula! **The real magic is in the support calls, the ongoing guidance, and the community**—all of which help you do the right things *for long enough to make a difference*.

Note: Look for the ⚓ symbol. In Reset, you regulate using 5 "anchors," and form the habits that set the foundation for long-term change (not rebounds and restarts).

THE REGULATION FRAMEWORK

You've likely heard weight loss and body recomposition discussed in a *multitude* of ways:

> "It's nothing but calories in, calories out.
> It's your cortisol! It's your hormones!
> No! It's your gut, your sleep, your inflammation, and your blood sugar!
> You need to boost your metabolism!
> This (*insert expensive biohack here*) is the key!"

None of these are entirely wrong (*except for the biohacking*). In certain scenarios, almost all of them have a role to play—which, unfortunately, makes it even harder to know where to start.

The good news: there's a common thread; a system running underneath it all.

We believe that **the common thread is *your nervous system,* because it communicates with and impacts every system in your body**, including your metabolism. That's the metabolism-nervous system connection, and BRDR leverages it from start to finish.

To do this, we start by *regulating* the nervous system, and *regulation* only happens when the body truly feels safe. (Many of us have spent decades *accidentally* communicating "danger" to our nervous systems!) To change course, we send "safety signals" from 3 distinct directions:

THE REGULATION FRAMEWORK—THREE DIRECTIONS OF NERVOUS SYSTEM REGULATION

DIRECTION ONE

Outside In

Messenger: food. Your most direct, most accessible, and most easily modifiable safety signals come from what you eat. It's how you tell your body, every day, multiple times, that resources are available.

DIRECTION TWO

Inside Out

Messengers: fitness and fascial work. When your training is the right *kind* of challenge and your fascial flows slow you down enough to tell your nervous system *you're not in danger*, good things happen.

DIRECTION THREE

Top Down

Messenger: expressive writing. Your nervous system detects mental stress and overwhelm and reads it as *danger.* We use this simple, science-based way to quiet the cognitive loops that keep us stuck.

Note: the order matters. We don't jump right into a calorie deficit like most programs. Instead, we use nutrition, movement, and cognitive strategies to buffer inevitable stress and send safety signals to the nervous system. Your whole job in Phase 1 Reset: do this long enough that your body believes you. *That* is how sustainable habits form, and sustainable habits are the #1 thing that makes change stick. We build on this in Phase 2 Recomp.

RESET FOOD

Food is the "Outside In" direction from your Regulation Framework. You'll learn much more about the Phase 1 Reset approach to food in the course's Reset On Ramp and from your resource packets. For now, start with the questions below and remind yourself why *this time, it's truly different*.

START WITH THESE 3 QUESTIONS, IN ORDER

- **Are you eating enough?** This is first for a reason! Under-eating is a huge nervous system stressor and the single easiest lever to move when you're getting started.
- **Are you eating consistently?** Help your body trust that resources are *always* available.
- **Is your eating balanced?** Once you're feeding your body enough and consistently, work up to a healthy, balanced plate 80% of the time.

WHAT MAKES RESET DIFFERENT

- **Servings, not grams or percentages.** There's a time and a place for macros and logging, but Reset isn't it. Here, we learn to eyeball our targets to build agency and self-trust.
- **Making sure you get *enough*.** Calorie and macro recommendations are starting points, not maximums. Meals bring the bulk of your calories, but snacks can fill in the gaps.
- **Variety is key, but boring is beneficial!** A varied diet is great for your body and for your ability to stay engaged, but starting out simple and repetitive builds momentum.
- **Ranch dressing is a blessing.** A little full-fat ranch dressing makes any meal work. That's not a cheat, it's a *real strategy*.

BREAKFAST IS YOUR ANCHOR.

Changing your food can be hard, but in Reset, you don't have to get every meal perfect from the get-go. Our focus Is smart habit formation, and good food habits start with BREAKFAST.

DAILY IN RESET

⚓ Breakfast (Outside In)

Don't skip it, and coffee doesn't count! Every morning, breakfast is your first action step (or your second, if you do your flow or writing first thing). Focus on protein, carb, and fat, but keep it simple so that the habit can form through easy repetition.

RESET FITNESS

Fitness is one of your "Inside Out" directions from your Regulation Framework. Resistance train 3 days/week (with an optional 4th) to add muscle without taxing your nervous system. A PDF of your plan is provided, and a 6-month free trial to the Ideal Age Fitness app is also available.

FITNESS PLAN: ON RAMP → WEEK 4

Foundation

Build (or reinforce) a foundation of efficiency, muscle, and muscle memory. **3 sets, 8–12 reps**.

FITNESS PLAN: WEEK 5 → BRIDGE TO RECOMP

Tempo

Same plan, now with pauses and slow eccentrics on select movements. **3-4 sets, 8–12 reps**.

WHAT'S IN IT, AND WHAT ISN'T

- **Compound movements across every pattern:** hinge, squat, push, pull, plus optional midlife-centric stuff that usually gets skipped (hips, tibs, calves, grip).
- **Walking is the cardio.** Up to an hour a day if it feels good, but 3–4 times a week at about 30 minutes is the sweet spot. For workday walking, we love an under-desk Walking Pad.
- **No sprints, no high-intensity conditioning, no going to failure.** Not because that's bad, but because it's the wrong ask for Reset (and, sometimes, for Recomp).
- **Lower systemic demand by design.** We use stable movement patterns to challenge your muscles to grow; we're not focused on balance, coordination, or agility. This doesn't mean you're not working hard—it means you're working hard at the right things for this phase.

Note: the Phase 1 Reset plan is written for a gym, but every single movement has a low-equipment or banded alternate. To do this at home, you'll want a set of adjustable dumbbells, resistance bands, and mini resistance bands at minimum. (See our SHOP)

WORKOUT/RECOVERY ARE YOUR ANCHORS.

Your workouts are planned for you, but don't expect to be perfect from day 1. Fitness is a hard thing to balance, and finding your way is part of the process.

DAILY IN RESET

⚓ **Workout or Recovery (Inside Out)**

Challenging yourself AND resting your body are two sides of the same coin. Workout results won't root if you aren't challenging yourself, but they also won't root if you aren't RECOVERING. Your priority will be finding a balance between movement and rest.

RESET FLOWS & EXPRESSIVE WRITING

We know food and fitness are crucial to body recomp, but it's not just because they directly promote fat loss. It's also because they "talk" to your nervous system! Now, meet the additional tools you'll use throughout BRDR to send safety signals to your nervous system (whether you're in a calorie deficit or not).

These additional tools are your BRDR Fascial Flows and your Expressive Writing practice—from both the "Inside Out" *and* the "Top Down" directions in your Regulation Framework. They are simple, doable, quick, high-ROI actions that are *profoundly* helpful in releasing mental and physical tension, calming the nervous system, and setting the stage for regulation and recomp.

You need just 15 minutes, a few times a week, at home, with space and supplies you already have. And **while these seem minor in comparison to other body recomposition tools, they are absolutely crucial to the journey. That's why they're 2 of your 5 Phase 1 Reset Anchors.**

3-5 DAYS/WEEK IN RESET, 4+ MINUTES

Fascial Flows (Inside Out)

Slow down and "talk" to your nervous system through your connective tissue as you gently work through tension patterns. Your primary nervous system flow is introduced immediately; your secondary flow is introduced in Week 6.

3-5 DAYS/WEEK IN RESET, 10 MINUTES

Expressive Writing (Outside In)

Anxious feelings, a racing mind, and looping thought patterns can keep your nervous system in fight or flight. Pen-to-paper expressive writing is a proven cognitive strategy to dislodge the "stuck" and find calm.

WHY NOT MORE?

- **"More" isn't always better**. We often think that the only way we can calm our bodies and minds is through a time-intensive meditation practice or hours of restorative yoga, but the more we put on our plates, the more stressed we get! The truth is, when you stack quick, easy practices like fascial flows and expressive writing *with* the food and fitness anchors, your overall approach is incredibly comprehensive.

- **Small actions make a HUGE difference, and quickly.** You'll be shocked at how much and how rapidly these modalities impact your stress and mood—which can transform your life.

- **Small is easier to stick with.** What we *really* need are the simplest tools, used consistently—*and to do them even when they don't feel necessary*. And even with something this simple, the challenge is big: deep down, we often want things to be complex, time consuming, and "hard" in order to feel we're earning the results. Not here!

THE RESET EXPERIENCE

Tuning in and checking in are a crucial part of the Phase 1 Reset experience. Below, you'll find your Anchors and your 5 Signs, all of which you'll check-in with nightly on your Support Sheets.

⚓ **First up, your Phase 1 Reset Anchors.** You've seen 4 of them already, but your 5th is also vital. Remember: small things done consistently are what actually change a system.

ANCHOR	WHAT YOU DO
Nervous System Flow INSIDE OUT, 3-5 DAYS/WEEK	4+ minutes, with a video to follow along. Great AM or PM. In the morning, follow it with the optional active full-body flow.
Breakfast OUTSIDE IN, DAILY	Don't skip, and try to eat within an hour of waking. (If needed, make it quick, and plan for a 2nd breakfast to top it off!)
Workout and/or Recovery INSIDE OUT, DAILY	Training and recovery are 2 sides of the same coin, and can't do their jobs without each other.
Writing TOP DOWN, 3-5 DAYS/WEEK	Expressive writing for 5-10 minutes, morning, evening, or any time (not journaling, although journaling is great, too).
Course & Community 5 DAYS/WEEK	Log in on Mondays for your new course content, and check the community daily. Post consistently for accountability!

ⓘ **Next, your 5 Signs.** We don't start with tracking macros. In Reset, you track 5 things that matter more *right now* than a macro split. (Your cycle gets an optional spot to cross-reference)

Hunger **Energy** **Sleep** **Stress runway way/mood** **Digestion**

WHY SELF-REPORTING RATHER THAN A WEARABLE?

Because the point isn't just the data. The point is the **act** of paying attention. Most of us have spent years outsourcing the question of how we're doing to a ring, an app, or a scale, while missing the signs that *actually* matter.

> **Note: weekends are optional** for almost everything except prepping for the week ahead.

RESET WEEKLY SNAPSHOT

Here's what you'll do every week with the help of the course, community, and resource packets.

WHERE YOUR TIME GOES

WHAT	HOW MUCH TIME
Meal Prep	**1–2 hours**, once, over the weekend to prep you for Monday and the week ahead. You'll get more efficient over time! ***Anchor: Breakfast***
Workouts	**2-3 hours (maintenance) or 3-4 hours (muscle gain)** total during the week. Walking is a bonus. ***Anchor: Movement/Recovery***
Regulation	**15 minutes a day, 3-5 days a week.** This includes fascial flows *and* cognitive work (easily broken up into a few minutes, AM and PM) ***Anchors: NS Flow & Writing***
Logging In	**1 hour total.** Course materials are 30-45 minutes (mostly audio); community check-ins are quick. ***Anchor: Course & Community***

> **Note: If there are days when you can only manage one thing, prioritize the fifteen minutes of regulation.** The daily regulation is what makes Reset really work.

Here's what you'll find in the course every week. After On Ramp, each week has 3 lessons: **what to know and what to do**, a **topic highlight** for added insight into parts of the BRDR approach, and a **check-in** to prep for next week.

TOPIC HIGHLIGHTS

Topic highlights do NOT appear in order of importance.

WEEK	HIGHLIGHT		
On Ramp	Orientation	**Week 5**	**Rest: You're Restored**
Week 1	**Calories: You're Resourced**	**Week 6**	**Fascia: You're Unwinding**
Week 2	**Carbs: You're Fueled**	**Week 7**	**Brain: You're Unburdened**
Week 3	**Movement: You're Capable**	**Week 8**	**Safety: Reset Complete**
Week 4	Mindset Check	**Bridge to Recomp**	Survey & Habit Check

RESET RESOURCE PACKETS

Print the packets during On Ramp for quick guidance and help staying on track in Phase 1 Reset! **You also have printables for your Menus, Menu Template, and Workout Plan.**

SELF ASSESSMENT

WHAT'S IN IT	WHAT IT'S FOR
Calories You Need	Your number one priority: getting ENOUGH.
Moving For Your Goal	Decide whether you want to maintain or build, and how it fits in.
Visualize Your Week	Bring intentionality to deciding where it all actually fits.
What You Want	Your real "why."

THE FOOD SUCCESS PACKET

WHAT'S IN IT	WHAT IT'S FOR
Portion Cheat Sheets	Protein, Carb, Fat. Helping you eyeball what you need.
Macro Overlap Map	Just an FYI! How we view foods in terms of macro categories.
Your Plate, Simplified	An easy plate-building structure for *your* daily needs.
30 Meals, Less Thinking	A second helpful structure for building a complete plate easily.
One Meat, Three Meals	Cook two proteins on a weekend, get six unique dinners.

THE TUNING IN & CHECKING IN PACKET

WHAT'S IN IT	WHAT'S IT'S FOR
The 5 Signs Assessment	The only metrics that matter in Phase 1, and how to track them.
Weekly Support Sheets	Your best friend for habituating daily accountability.

AFTER YOUR RESET

By Bridge To Recomp Week, you've very likely seen and felt some body recomposition happening, but that isn't the main goal of Phase 1 Reset.

The main goal is spending the full Phase 1 in Reset mode, forming the habits and foundation that will prepare you for Phase 2 Recomp. Your system will be primed to step into a real, targeted recomposition plan and actually succeed at it and sustain it.

WHAT YOU SHOULD NOTICE BY THE END OF YOUR RESET

- **Your 5 Signs should be in good shape.** Steadier energy, better sleep, a longer stress runway (this is HUGE), and happier digestion.
- **Hunger should be balanced**—present at breakfast and at regular mealtimes, not absent all morning and ambushing you at dinner. ("Not being hungry until 1pm" is NOT a badge of honor.)
- **Your mindset should be solid.** You'll notice you've stuck with it through momentum dips, and stayed committed when you normally would have lost interest.
- **You'll feel more fit, more capable,** and proud of your ability to navigate a plan in REAL LIFE.

WHAT'S HAPPENING UNDERNEATH

In addition to the obvious shifts, the action items and Anchors in Phase 1 Reset can support key systems that carry you in Phase 2 Recomp:

- **Improved insulin sensitivity and glucose management**
- **Enhanced circulation and nutrient delivery**
- **Improved hormone balance**
- **A more diverse gut microbiome**
- **Regulated inflammation**
- **More balanced cortisol**

The take-home: doing a LITTLE of the *right things, for long enough*, does a LOT in your life. Eating enough, moving enough, and spending a few minutes tending to your nervous system a few days a week *consistently* is doing considerably more than we might think.