



THE 30 DAY RESET

MEN'S EDITION

30 days to build a habit. 30 days to break one.

Movement. Mindset. Mental Well-Being.

www.terrafitnessmind.com

Terra Fitness & Mind

BEFORE YOU START

This is the Terra 30 Day Reset, Men's Edition. It's free. It's simple. And if you actually do it, it works.

The idea is straightforward. It takes 30 days to build a habit and 30 days to break one. So that's what we're doing.

Every day you'll get three tasks, one for Movement, one for Mindset, and one for Mental Well-Being. There's a habit tracker at the bottom of each day so you can see your progress as it builds.

Nobody will be checking in on you during the 30 days. That's the point. This is on you. But at the end of Day 30, come back to us. We want to hear how it went.

Before you start Day 1, write down two things somewhere you'll see them every day:

One habit you want to build over the next 30 days.

One habit you want to break.

That's your anchor. Now go.

Tom

Founder, Terra Fitness & Mind

www.terrafitnessmind.com

WEEK 1

THE FOUNDATION

Start where you are. Build the basics.

DAY 1 START WHERE YOU ARE

No easing in. No waiting for the right moment. Today is it. Before anything else, write down two things: one habit you want to build over the next 30 days, and one habit you want to break. These become your anchors. Everything else builds around them.

MOVEMENT

Get outside for 15 minutes. Walk. Don't listen to anything. Just move and breathe.

MINDSET

Write down honestly, where are you right now? Not where you want to be. Where you actually are. No filter.

MENTAL WELL-BEING

Rate your mood today out of 10. That's your starting point. Remember it.

HABIT TRACKER

- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 2 DRINK MORE WATER

Simple. Non negotiable. Most people are walking around dehydrated and don't even realise it.

MOVEMENT

Same as yesterday, get outside for 15 minutes. Same walk, same route if you want. Just do it again.

MINDSET

Write down three things you're grateful for today. They don't have to be big. They just have to be real.

MENTAL WELL-BEING

Rate your mood out of 10. Is it higher or lower than yesterday? Don't overthink it, just note it.

HABIT TRACKER

- 2 litres of water consumed
- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 3 REST IS NOT LAZINESS

MOVEMENT

10 minutes of stretching or gentle movement. Nothing intense. Your body needs recovery as much as it needs effort.

MINDSET

Write down one thing that's been on your mind lately that you haven't dealt with. Just getting it out of your head and onto paper is enough for today.

MENTAL WELL-BEING

Tonight, no phone for the last hour before bed. Just rest.

HABIT TRACKER

- Movement done
- Mindset journal done
- Phone down 1 hour before bed

DAY 4 EAT SOMETHING GOOD

You don't need a diet plan. Just eat one genuinely good meal today.

MOVEMENT

Go for your walk again. If yesterday felt easy, go a little further.

MINDSET

Write down one goal, not for the next year, just for this week. Keep it small. Keep it achievable.

MENTAL WELL-BEING

Rate your mood. Is there a pattern forming yet?

HABIT TRACKER

- One nutritious meal eaten
- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 5 TALK TO SOMEONE

Not about anything deep. Just connect. A mate, a family member, anyone. Human connection matters more than most men admit.

MOVEMENT

Mix it up today. If you've been walking, try something different. A few press ups, a bike ride, anything that gets you moving differently.

MINDSET

Write down one person in your life who has a positive impact on you. Tell them today.

MENTAL WELL-BEING

How are you sleeping? Rate your sleep last night out of 10 alongside your mood.

HABIT TRACKER

- Connected with someone today
- Movement done
- Mindset journal done
- Mood and sleep rated out of 10

DAY 6 GET OFF YOUR PHONE

Not forever. Just for an hour today. Do something with that hour that's actually for you.

MOVEMENT

Spend that hour doing something physical. A walk, a workout, a kick about. Whatever gets you off the sofa.

MINDSET

Write down how you felt after the hour away from your phone. Honest answer only.

MENTAL WELL-BEING

Rate your mood. Notice anything?

HABIT TRACKER

- One hour off the phone
- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 7 REFLECT ON YOUR WEEK

You've done 7 days. That already puts you ahead of most people who said they'd start.

MOVEMENT

Active rest day. A gentle walk or light stretch. Let your body recover but keep moving.

MINDSET

Look back at your journal entries from the last two weeks. Write down what you notice. Any patterns? Any shifts?

MENTAL WELL-BEING

Write down one thing this week that surprised you about yourself.

HABIT TRACKER

- Movement done
- Week 1 reflection written
- Mood rated out of 10

WEEK 2

BUILD THE MOMENTUM

Small wins stacking up.

DAY 8 RAISE THE BAR

You've done a week. Now it's time to push a little further.

MOVEMENT

Extend your walk or activity to 20 minutes today. Small increase, big difference over time.

MINDSET

Write down the one habit you said you wanted to build on Day 1. How are you doing with it? Honest answer.

MENTAL WELL-BEING

Rate your mood. Compare it to Day 1. What's changed?

HABIT TRACKER

- 20 minute movement done
- Mindset journal done
- Mood rated out of 10

DAY 9 COLD WATER

Not a cold shower if you're not ready for it. Just finish your shower on cold for 30 seconds. That's it. It's uncomfortable. That's the point.

MOVEMENT

10 minutes of bodyweight movement. Press ups, squats, lunges. No gym needed.

MINDSET

Write down one thing you've been avoiding. Not to fix it today, just to acknowledge it exists.

MENTAL WELL-BEING

How did the cold water feel? Write it down. Discomfort builds resilience.

HABIT TRACKER

- Cold water done
- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 10 FUEL YOUR BODY PROPERLY

Two good meals today. Not perfect, just real food that actually does something for you.

MOVEMENT

Back outside. 20 minutes, same as Day 8. If it's raining, go anyway.

MINDSET

Write down one negative thought you've had this week. Now write down the evidence against it.

MENTAL WELL-BEING

Rate your mood. Rate your energy separately today. Notice the connection between what you eat and how you feel.

HABIT TRACKER

- Two nutritious meals eaten
- Movement done
- Mindset journal done
- Mood and energy rated out of 10

DAY 11 DO SOMETHING YOU ENJOY

Not something productive. Not something useful. Something you actually enjoy. Just because.

MOVEMENT

Make today's movement something fun. Football, swimming, cycling. If it doesn't feel like exercise, even better.

MINDSET

Write down the last time you did something just for yourself. How long ago was it?

MENTAL WELL-BEING

How did it feel to do something just for you today? Write it down.

HABIT TRACKER

- Something enjoyable done
- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 12 CHECK YOUR CIRCLE

The people around you matter more than you think. Energy is contagious, good and bad.

MOVEMENT

20 minutes outside. If someone will join you, even better.

MINDSET

Write down the names of the three people you spend the most time with. Do they lift you up or drag you down? Be honest.

MENTAL WELL-BEING

Rate your mood. Think about who you've spoken to today and how those conversations made you feel.

HABIT TRACKER

- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 13 LIMIT THE NOISE

News, social media, other people's opinions. Give yourself a break from it today.

MOVEMENT

30 minutes of movement today. You're building now.

MINDSET

Spend 10 minutes in silence today. No phone, no music, no TV. Just sit with your own thoughts.

MENTAL WELL-BEING

Write down how the silence felt. Uncomfortable? Peaceful? Both?

HABIT TRACKER

- 30 minute movement done
- 10 minutes of silence done
- Mindset journal done
- Mood rated out of 10

DAY 14 HALFWAY REVIEW

Two weeks in. Stop and acknowledge that.

MOVEMENT

Active rest day. Gentle walk or stretch. You've earned it.

MINDSET

Look back at your journal entries from the last two weeks. Write down three things you notice about yourself.

MENTAL WELL-BEING

Compare your mood rating from Day 1 to today. Write down what's shifted, even if it's small.

HABIT TRACKER

- Movement done
- Two week review written
- Mood rated out of 10

WEEK 3

GO DEEPER

Mindset and habits being challenged.

DAY 15 GO DEEPER

The first two weeks built the base. Now we go a layer further. Movement is a habit. Now your mindset becomes the work.

MOVEMENT

30 minutes of movement. Push yourself slightly harder than you have been.

MINDSET

Write down a belief you have about yourself that holds you back. Where did it come from?

MENTAL WELL-BEING

Rate your mood. Notice any resistance today? Write about it.

HABIT TRACKER

- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 16 WHO ARE YOU WITHOUT THE NOISE?

MOVEMENT

Get outside for 20 minutes. Leave your phone at home.

MINDSET

Write down three words that describe who you are at your best. Not who you think you should be. Who you actually are.

MENTAL WELL-BEING

Spend 5 minutes today just breathing. In for 4, hold for 4, out for 4. That's it.

HABIT TRACKER

- Movement done
- Breathing exercise done
- Mindset journal done
- Mood rated out of 10

DAY 17 FACE SOMETHING SMALL

You've been avoiding something. It doesn't have to be big. Just one thing. Do it today.

MOVEMENT

30 minutes of movement. Try something you haven't done before this month.

MINDSET

Write down what you avoided and what happened when you faced it. How did it feel afterwards?

MENTAL WELL-BEING

Rate your mood before and after tackling the thing you avoided. Notice the difference.

HABIT TRACKER

- Movement done
- One avoided thing tackled
- Mindset journal done
- Mood rated out of 10

DAY 18 REST AND RECOVER

Rest is part of the process. Not the absence of progress.

MOVEMENT

Gentle movement only today. A slow walk or stretching for 15 minutes.

MINDSET

Write down three things your body has done for you this week that you're grateful for.

MENTAL WELL-BEING

Go to bed 30 minutes earlier tonight. No negotiation.

HABIT TRACKER

- Gentle movement done
- Mindset journal done
- Early night done
- Mood rated out of 10

DAY 19 WHAT DO YOU ACTUALLY WANT?

Not what others expect of you. Not what you think you should want. What do you actually want?

MOVEMENT

30 minutes of movement. Your choice.

MINDSET

Write down what a good life looks like for you. No filter. Nobody's reading this but you.

MENTAL WELL-BEING

Rate your mood. How connected do you feel to the life you just described?

HABIT TRACKER

- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 20 TALK ABOUT IT

Most men carry things alone. Today, share something real with someone you trust.

MOVEMENT

20 minutes outside. Walk and think about what you want to say.

MINDSET

Write down how it felt to be honest with someone. Easier or harder than you expected?

MENTAL WELL-BEING

Rate your mood. Human connection has an effect. Notice it.

HABIT TRACKER

- Movement done
- Honest conversation had
- Mindset journal done
- Mood rated out of 10

DAY 21 THREE WEEK REVIEW

Three weeks in. This is where most people quit. You haven't.

MOVEMENT

Active rest day. Gentle movement only.

MINDSET

Look back at every week's reflection. Write down the single biggest shift you've noticed in yourself.

MENTAL WELL-BEING

Rate your mood. Compare it to Day 1. The numbers tell the story.

HABIT TRACKER

- Movement done
- Three week review written
- Mood rated out of 10

WEEK 4

OWN IT

Cementing the change.

DAY 22 OWN IT

The final week. This is where everything you've built gets cemented. Don't ease off now.

MOVEMENT

35 minutes of movement. Your strongest session yet.

MINDSET

Write down the habit you said you wanted to build on Day 1. Is it a habit now? Be honest.

MENTAL WELL-BEING

Rate your mood. How different does it feel compared to four weeks ago?

HABIT TRACKER

- 35 minute movement done
- Mindset journal done
- Mood rated out of 10

DAY 23 TEACH SOMEONE SOMETHING

The best way to embed what you've learned is to share it.

MOVEMENT

30 minutes of movement. Keep the consistency going.

MINDSET

Write down one thing this challenge has taught you. Then share it with one person today.

MENTAL WELL-BEING

How did it feel to share what you've learned? Write it down.

HABIT TRACKER

- Movement done
- Something shared with someone
- Mindset journal done
- Mood rated out of 10

DAY 24 REVIEW THE BAD HABIT

Day 1 you wrote down a habit you wanted to break. What's happened with it?

MOVEMENT

30 minutes of movement. Make it count.

MINDSET

Write down honestly how much progress you've made with the habit you wanted to break. No judgement. Just truth.

MENTAL WELL-BEING

Rate your mood. Acknowledge the progress, however small.

HABIT TRACKER

- Movement done
- Bad habit reviewed honestly
- Mindset journal done
- Mood rated out of 10

DAY 25 DO SOMETHING THAT SCARES YOU SLIGHTLY

Not reckless. Just slightly outside your comfort zone. Growth lives there.

MOVEMENT

Try a form of movement that pushes you. A gym class, a longer run, something new.

MINDSET

Write down what you did and how it felt. Fear before, pride after.

MENTAL WELL-BEING

Rate your mood. Courage changes how you feel about yourself.

HABIT TRACKER

- Movement done
- Comfort zone stretched
- Mindset journal done
- Mood rated out of 10

DAY 26 SLOW DOWN

You've been pushing. Today, be deliberate and slow. Quality over quantity.

MOVEMENT

A slow, intentional 20 minute walk. Notice your surroundings. Be present.

MINDSET

Write down five things you can see, four you can hear, three you can feel. Ground yourself.

MENTAL WELL-BEING

Rate your mood. Slowing down isn't weakness. It's awareness.

HABIT TRACKER

- Slow movement done
- Grounding exercise done
- Mindset journal done
- Mood rated out of 10

DAY 27 WRITE YOUR OWN WORDS

No prompt today. Just open the journal and write whatever comes out. Don't think, just write.

MOVEMENT

30 minutes. Whatever you want. Just move.

MINDSET

Free write for 10 minutes. Whatever comes up. No editing, no filter.

MENTAL WELL-BEING

Rate your mood. Notice what came up when you gave yourself space.

HABIT TRACKER

- Movement done
- Free write done
- Mood rated out of 10

DAY 28 LOOK AT HOW FAR YOU'VE COME

Go back to Day 1. Read what you wrote. Read your mood rating. Then read today's.

MOVEMENT

20 minutes of movement. Same as Day 1 if you can.

MINDSET

Write down three ways you are different now compared to Day 1. Not what you've done. Who you are.

MENTAL WELL-BEING

Rate your mood. The number says something. So does the journey.

HABIT TRACKER

- Movement done
- Day 1 vs Day 28 comparison written
- Mood rated out of 10

DAY 29 PLAN WHAT COMES NEXT

This doesn't end on Day 30. Today, decide what you carry forward.

MOVEMENT

30 minutes of movement. Whatever you enjoy most.

MINDSET

Write down three habits you're keeping after this challenge ends. Commit to them.

MENTAL WELL-BEING

Rate your mood. You built this. Now protect it.

HABIT TRACKER

- Movement done
- Three habits committed to
- Mindset journal done
- Mood rated out of 10

DAY 30 YOU SHOWED UP

30 days. Every single one. That's not nothing. That's everything.

MOVEMENT

Your choice today. Whatever movement feels right. Make it yours.

MINDSET

Write a letter to yourself. Where you were on Day 1. Where you are now. What you want for yourself going forward.

MENTAL WELL-BEING

Rate your mood one final time. Then come back to Tom at Terra. This is where the real work begins.

HABIT TRACKER

- Movement done
- Letter to self written
- Final mood rated out of 10
- Reached out to Tom at Terra

YOU DID IT.

30 days. Every one of them.

Now come back to us. Tell us how it went. And let's talk about what comes next.

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