

TERRA
FITNESS & MIND

THE 30 DAY RESET

WOMEN'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, Women'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 building.

This is your time. Nobody will be checking in on you during the 30 days. That's the point. 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 thing you want to start doing for yourself.

One thing you want to stop doing that drains you.

That's your anchor. Now go. This one's for you.

Tom

Founder, Terra Fitness & Mind

www.terrafitnessmind.com

WEEK 1

THE FOUNDATION

Start putting yourself first.

DAY 1 THIS ONE'S FOR YOU

For the next 30 days, you come first. Not your partner. Not your kids. Not your job. You. Before anything else, write down two things: one thing you want to start doing for yourself, and one thing you want to stop doing that drains you. These are yours. Nobody else's.

MOVEMENT

10 to 15 minutes of movement just for you. A walk, a stretch, whatever feels good. No pressure, no performance. Just your body, moving.

MINDSET

Write down one thing you keep putting off because everyone else comes first. Acknowledge it. It matters.

MENTAL WELL-BEING

Rate your mood today out of 10. Be honest. Nobody's watching. This is your starting point.

HABIT TRACKER

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

DAY 2 DRINK MORE WATER

The simplest act of looking after yourself. Most of us don't do it. Start here.

MOVEMENT

Same as yesterday. 10 to 15 minutes of movement, just for you. Same route, same pace. Just show up for yourself 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. Higher or lower than yesterday? Just notice it.

HABIT TRACKER

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

DAY 3 YOUR BODY NEEDS REST

Rest is not laziness. It is not something you earn. It is something you need.

MOVEMENT

10 minutes of gentle stretching or slow movement. Nothing intense. This is about tuning in, not pushing through.

MINDSET

Write down one thing you've been carrying this week that isn't yours to carry. Just name it.

MENTAL WELL-BEING

Tonight, no phone for the last hour before bed. That hour belongs to you.

HABIT TRACKER

- Gentle movement done
- Mindset journal done
- Phone down 1 hour before bed

DAY 4 EAT SOMETHING GOOD

Not a diet. Not a plan. Just one meal today that genuinely nourishes you.

MOVEMENT

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

MINDSET

Write down one small goal for this week. Something just for you. Nothing to do with anyone else.

MENTAL WELL-BEING

Rate your mood. Notice how eating well makes you feel, not just physically but mentally.

HABIT TRACKER

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

DAY 5 SAY NO TO SOMETHING

Just once today. Something you'd normally say yes to out of obligation. Say no. You don't need to explain yourself.

MOVEMENT

Mix up your movement today. If you've been walking, try something different. A stretch routine, a dance in your kitchen, anything that feels good in your body.

MINDSET

Write down how it felt to say no. Relief? Guilt? Both? There are no wrong answers.

MENTAL WELL-BEING

Rate your mood. Notice whether saying no to someone else meant saying yes to yourself.

HABIT TRACKER

- Movement done
- Said no to something
- Mindset journal done
- Mood rated out of 10

DAY 6 ONE HOUR, JUST FOR YOU

Not for the house. Not for anyone else. One hour that is entirely yours. Do whatever you want with it.

MOVEMENT

Use some of that hour moving. A walk, a class, a YouTube workout. Whatever you actually enjoy.

MINDSET

Write down what you did with your hour and how it felt. When did you last do something just for yourself without guilt?

MENTAL WELL-BEING

Rate your mood. Notice what happens when you prioritise yourself.

HABIT TRACKER

- One hour claimed for yourself
- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 7 REFLECT ON YOUR WEEK

Seven days in. You showed up for yourself every single one of them. That matters.

MOVEMENT

Active rest day. A gentle walk or slow stretch. Keep moving, but gently.

MINDSET

Look back at your journal from this week. Write down one thing you noticed about yourself.

MENTAL WELL-BEING

Write down one thing this week that surprised you. It doesn't have to be big.

HABIT TRACKER

- Gentle movement done
- Week 1 reflection written
- Mood rated out of 10

WEEK 2

BUILD THE MOMENTUM

Small acts of self-care stacking up.

DAY 8 RAISE THE BAR

Week one was about starting. Week two is about building. Time to push a little further.

MOVEMENT

Extend your movement to 20 minutes today. Same as before, just a little more.

MINDSET

Write down the one thing you said you wanted to start doing for yourself on Day 1. How are you doing with it?

MENTAL WELL-BEING

Rate your mood. Compare it to Day 1. What has shifted, even slightly?

HABIT TRACKER

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

DAY 9 COLD WATER

Finish your shower on cold for 30 seconds today. It is uncomfortable. That is the point. Discomfort you choose builds strength.

MOVEMENT

10 minutes of bodyweight movement. Squats, lunges, stretches. No gym needed.

MINDSET

Write down one thing you have been avoiding. Not to fix it today, just to name it.

MENTAL WELL-BEING

How did the cold water feel? Write it down. Choosing discomfort is an act of self-respect.

HABIT TRACKER

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

DAY 10 NOURISH, DON'T PUNISH

Two good meals today. Not perfect. Not restrictive. Just real food that gives you something.

MOVEMENT

20 minutes outside. Fresh air counts as self-care. Go anyway, even if the weather isn't perfect.

MINDSET

Write down one thought you've had about your body this week. Now rewrite it with kindness.

MENTAL WELL-BEING

Rate your mood and your energy separately. Notice whether food and mood are connected for you.

HABIT TRACKER

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

DAY 11 DO SOMETHING YOU LOVE

Not something useful. Not something productive. Something you genuinely love. Just because you're allowed to.

MOVEMENT

Make today's movement something that brings you joy. Dancing, swimming, a long walk somewhere beautiful. If it doesn't feel like exercise, even better.

MINDSET

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

MENTAL WELL-BEING

How did it feel to do something just for you today? Write it down without editing.

HABIT TRACKER

- Something you love done
- Movement done
- Mindset journal done
- Mood rated out of 10

DAY 12 CHECK YOUR CIRCLE

The people around you affect how you feel more than you realise. Energy is contagious.

MOVEMENT

20 minutes outside. If a friend will join you, even better.

MINDSET

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

MENTAL WELL-BEING

Rate your mood. Think about the conversations you've had today and how they made you feel.

HABIT TRACKER

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

DAY 13 PROTECT YOUR PEACE

Social media, the news, other people's noise. Give yourself a break from it today.

MOVEMENT

30 minutes of movement. You are building real momentum now.

MINDSET

Spend 10 minutes in complete silence today. No phone, no background noise. Just you.

MENTAL WELL-BEING

Write down how the silence felt. Most people find it harder than they expect.

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 what you've done. You have shown up for yourself every day.

MOVEMENT

Active rest day. A 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 has shifted, even if it feels small.

HABIT TRACKER

- Gentle movement done
- Two week review written
- Mood rated out of 10

WEEK 3

GO DEEPER

Boundaries, identity, and what you're carrying.

DAY 15 WHAT ARE YOU CARRYING?

Most women are carrying things that were never meant to be theirs. This week we start putting some of it down.

MOVEMENT

30 minutes of movement. A little harder than you have been going.

MINDSET

Write down everything you are currently responsible for. Everything. Then circle the things that are actually yours.

MENTAL WELL-BEING

Rate your mood. Notice any heaviness. It is allowed to be there.

HABIT TRACKER

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

DAY 16 WHO ARE YOU WITHOUT THE ROLES?

Not the mum. Not the partner. Not the employee. Just you. Who is that person?

MOVEMENT

Get outside for 20 minutes. Leave your phone behind if you can.

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. Give yourself that.

HABIT TRACKER

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

DAY 17 SET A BOUNDARY

One boundary today. It doesn't have to be big. Just one thing you will not compromise on.

MOVEMENT

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

MINDSET

Write down the boundary you set and how it felt. Did guilt show up? That's normal. It doesn't mean you did something wrong.

MENTAL WELL-BEING

Rate your mood before and after setting the boundary. Notice the difference.

HABIT TRACKER

- Movement done
- One boundary set
- Mindset journal done
- Mood rated out of 10

DAY 18 REST WITHOUT GUILT

Today is a rest day. Not an earned rest day. Not a deserved rest day. Just a rest day. Because you are allowed one.

MOVEMENT

Gentle movement only. A slow walk or stretching for 15 minutes. Nothing more.

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. You come first.

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 need from you. Not what would make everyone's life easier. What do you actually want for yourself?

MOVEMENT

30 minutes of movement. Your choice entirely.

MINDSET

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

MENTAL WELL-BEING

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

HABIT TRACKER

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

DAY 20 ASK FOR HELP

Asking for help is not weakness. It is one of the most honest things you can do.

MOVEMENT

20 minutes outside. Walk and think about what you need right now.

MINDSET

Write down one thing you need help with that you have been trying to manage alone. Then ask for it today.

MENTAL WELL-BEING

Rate your mood. How did it feel to ask? Harder or easier than you expected?

HABIT TRACKER

- Movement done
- Asked for help with something
- Mindset journal done
- Mood rated out of 10

DAY 21 THREE WEEK REVIEW

Three weeks in. Most people have stopped by now. You haven't. That says something.

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. Let the numbers tell the story.

HABIT TRACKER

- Gentle 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. Everything you have built gets cemented now. This is not the time to ease off.

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 with yourself.

MENTAL WELL-BEING

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

HABIT TRACKER

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

DAY 23 SHARE WHAT YOU'VE LEARNED

The best way to hold onto what you have learned is to share it with someone else.

MOVEMENT

30 minutes of movement. Keep the consistency going.

MINDSET

Write down one thing this challenge has taught you. Then share it with one woman in your life today.

MENTAL WELL-BEING

How did it feel to share something real? Write it down.

HABIT TRACKER

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

DAY 24 REVIEW THE HABIT YOU WANTED TO BREAK

Day 1 you wrote down something you wanted to stop doing. How has that gone?

MOVEMENT

30 minutes of movement. Make it count.

MINDSET

Write down honestly how much progress you have made. No judgement. Just truth.

MENTAL WELL-BEING

Rate your mood. Acknowledge the progress, whatever it looks like.

HABIT TRACKER

- Movement done
- 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. That is where growth lives.

MOVEMENT

Try a form of movement that pushes you a little. A class you haven't tried, a longer walk, something new.

MINDSET

Write down what you did and how it felt. The fear before, the 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 have been building and pushing. Today, be deliberate and slow. Quality over everything.

MOVEMENT

A slow, intentional 20 minute walk. Notice what is around you. Be present in it.

MINDSET

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

MENTAL WELL-BEING

Rate your mood. Slowing down is not falling behind. It is 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. Don't think. Just write.

MOVEMENT

30 minutes of movement. Whatever feels right today.

MINDSET

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

MENTAL WELL-BEING

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

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 have done. Who you are.

MENTAL WELL-BEING

Rate your mood. The number tells part of the story. The journey tells the rest.

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 things you are keeping after this challenge ends. Commit to them in writing.

MENTAL WELL-BEING

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

HABIT TRACKER

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

DAY 30 YOU SHOWED UP

30 days. Every single one. For yourself. That is not nothing. That is everything.

MOVEMENT

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

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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