

Mid-Year Reset Planner

Reset
Refocus
Recommit





Welcome,

Welcome to your Mid-Year Reset.

This isn't about starting over.





It's about pausing, reflecting on how far you've come, learning from the last six months, and creating a realistic plan for the months ahead.

Remember:

Progress isn't about perfection.

It's about consistently making choices that support the life you want to create.

Take your time as you complete these pages.

-  Be honest with yourself.
-  Celebrate your wins.
-  Learn from your challenges.
-  Then move forward with confidence.



Celebrate Your Progress

Looking Back

My biggest wins so far this year are:



I'm most proud of myself because...

Non-Scale Victories

- More energy
- Better sleep
- Clothes fit differently
- Less food noise
- Better blood sugar
- More confidence
- Healthier habits
- More movement
- Better relationship with food
- Other

Honest Reflection

What challenged me?

Tick everything that applied.

- Stress
- Emotional eating
- Holidays
- Busy schedule
- Family commitments
- Lack of planning
- Weight-loss plateau
- Low motivation
- Illness
- Skipping injections
- Eating out too often
- Not drinking enough water
- Lack of movement
- Other

The biggest lesson I've learned is...

One thing I need to stop doing...

One thing I need to continue doing...

One thing I need to start doing...

Reset Your Habits

Circle ONE habit that will have the biggest impact this month.

- Eat enough protein
- Drink more water
- Daily movement
- Better sleep
- Meal planning
- Mindful eating
- Reduce snacking
- Strength training
- Track my food
- Take my medication consistently
- Other

Why is this habit important?

What could get in my way?

How will I overcome that obstacle?

My July Goals

Health Goal

Fitness Goal

Nutrition Goal

Mindset Goal

Self-Care Goal

One thing I'm going to say "NO" to this month:

One thing I'm going to say "YES" to this month:

My Weekly Accountability Tracker

Habit	Week 1	Week 2	Week 3	Week 4
Protein first	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medication taken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planned meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Reflection

This week I did well because...

Next week I want to improve...

My Why

Why did I start this journey?

How will my life improve when I reach my goals?

The person I'm becoming is...

Coach Jean's July Challenge

My Commitment

This July I will commit to:

I will focus on:

- Consistency
- Progress
- Patience
- Confidence
- Self-care
- Strength
- Healthy habits

My One Word for July

Coach Jean Says...

"You don't need a perfect week to make progress. Every healthy choice is a vote for the person you're becoming. One difficult day doesn't define your journey—but one positive choice can change its direction."



Jenius One

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Remember...

You haven't failed.

You haven't lost all your progress.

**You are simply continuing your journey—
with more wisdom than you had yesterday.**

Keep showing up.

One choice at a time.

Coach Jean

