

7-Day
RESET

November 2023

7-DAY RESET GOALS

Set attainable goals for yourself here! This can be anything from personal growth to your Pilates practice.

What's your why?
ex: why did you start this challenge?

What are my goals for the 7DR?

ex: press play on every workout this week

How can I achieve them?

ex: leave workout clothes out the night before!

WORKOUT

planner

Fill in the workouts you've done!

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Notes

DAY 1

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

DAILY WORKOUT:



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

DAY 2

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

DAILY WORKOUT:



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

DAY 3

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

DAILY WORKOUT:



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

DAY 4

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

DAILY WORKOUT:



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

DAY 5

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

DAILY WORKOUT:



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

DAY 6

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

DAILY WORKOUT:



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

DAY 7

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

DAILY WORKOUT:



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

REFLECTIONS

Write down three things you're proud of!

ex: you're proud you signed up for this challenge

How do you feel?

ex: strong & powerful

