THRYVIVA | DIGITAL WELLNESS EDITION

30-Day Healthy Weight Reset Kit

Sample Guide: Sustainable daily rhythms, nourishing meals, and gentle consistency.

Week 1: Foundations & Hydration

[ ] Drink 2 glasses of water within 30 minutes of waking
[ ] Include one colorful vegetable serving with lunch and dinner
[ ] Complete a 20-minute brisk morning or midday walk
[ ] Pause screens 45 minutes before sleep for deeper recovery

Sample Balanced Day

Morning: Warm lemon water + Greek yogurt parfait with berries & walnuts
Lunch: Mediterranean quinoa bowl with chickpeas, cucumber & tahini
Snack: Crisp apple slices with almond butter and cinnamon
Dinner: Herb-baked salmon, roasted sweet potato, and steamed greens

Weekly Reflection Prompts

1. Which daily habit felt easiest and most energizing this week?
2. What time of day did my energy feel steadier?
3. One small adjustment I want to try next week: