DANIELLY'S
FITNESS

FREE GUIDE

THE BUSY MOM'S RESET GUIDE

30 small habits + a calm-down toolkit

Real habits for real mom life: short, specific and built around the time you actually have. Move more, eat well, sleep better and handle stress without adding to your to-do list.

How to use this guide

You don't need a new routine, a perfect week or an hour to yourself. You need small actions that fit into the life you already have. This guide gives you 30 of them, grouped into four areas: Move, Eat, Sleep and Calm.

1. **Start tiny.**
   Pick the 2-minute version of a habit. A walk to the mailbox beats a planned 5K you never do.

2. **Anchor it.**
   Attach the habit to something you already do every day. Use the formula: After I [existing habit], I will [new habit].

3. **Make it easy.**
   Set things up so the right choice takes less effort: water by the sink, shoes by the door, snacks at eye level.

4. **Never miss twice.**
   One missed day is normal. Two in a row starts a new habit. Just restart the next day, no catch-up needed.

The golden rule: pick 1 to 3, not 10

Doing three habits consistently will change more than trying thirty and quitting by Friday. Choose from different areas if you can, and give each one a full two weeks before you add another.

Pick your first three

Flip through the habits in this guide, choose three that feel doable this week, and complete the sentence for each one.

1 **My habit:** _____

After I _____

I will _____

Tiny version (2 minutes): _____

2 **My habit:** _____

After I _____

I will _____

Tiny version (2 minutes): _____

3 **My habit:** _____

After I _____

I will _____

Tiny version (2 minutes): _____

1 The Post-Meal Walk

MOVE

DO THIS After one meal a day, walk for 10 minutes: around the block, the yard, or laps of the house while you're on a call.

WHY IT HELPS A short walk after eating helps your body handle the blood-sugar rise from a meal, and it counts toward your weekly movement.

MAKE IT STICK Tie it to the meal you already eat sitting down: "When my plate goes in the dishwasher, my shoes go on."

2 Movement Snacks

MOVE

DO THIS Pick 3 moves (10 squats, 10 counter push-ups, a 30-second march). Do one round while the kettle boils or the microwave runs.

WHY IT HELPS Short bouts add up. Activity guidelines count movement of any length, so you don't need a full hour to get credit.

MAKE IT STICK Tape your 3 moves to the fridge or the kettle so you don't have to think about what to do.

3 Sit-to-Stands

MOVE

DO THIS Do 10 slow sit-to-stands from a chair: sit back, lower for 3 counts, stand tall. Use your hands only if you need to.

WHY IT HELPS It's a squat in disguise. Leg and glute strength keeps you steady while carrying kids, bags and laundry.

MAKE IT STICK Do one set after every call, feeding or time you finish a task at your desk.

4 Two Strength Days

MOVE

DO THIS Book two 20-minute strength sessions a week: squats, counter push-ups, rows with a backpack or band, and a plank.

WHY IT HELPS Guidelines recommend muscle-strengthening work at least 2 days a week for adults. It supports bones, joints and everyday energy.

MAKE IT STICK Put them in your calendar like appointments and lay out your workout clothes the night before.

5 Morning Daylight

MOVE

DO THIS Get 5 to 10 minutes outside within an hour of waking: coffee on the step, the school-run walk, watering the plants.

WHY IT HELPS Morning light helps set your body clock, which supports energy during the day and sleep at night.

MAKE IT STICK Take your first drink outside, even in winter. Layer up; 5 minutes is enough to count.

6 The Hourly Stand

MOVE

DO THIS Once an hour, stand up, roll your shoulders back and take 10 steps or reach overhead.

WHY IT HELPS Breaking up long stretches of sitting eases stiffness in your hips, back and neck.

MAKE IT STICK Use a repeating timer, or tie it to natural pauses like refilling your water or sending an email.

7 Hinge, Don't Hunch

MOVE

DO THIS When you lift a laundry basket, groceries or a toddler, push your hips back, keep your back long and stand up by squeezing your glutes.

WHY IT HELPS Hinging puts the load on your strongest muscles, your hips and legs, instead of your lower back.

MAKE IT STICK Practice on the laundry basket until it's automatic. Whisper "hips back" as your cue.

8 Play That Counts

MOVE

DO THIS Turn 10 minutes of kid time into your workout: races, a dance party, playground pull-ups or hill sprints with the stroller.

WHY IT HELPS Movement you enjoy is movement you repeat, and your kids learn that being active is normal.

MAKE IT STICK Choose one move-first activity and make it your default after school or on weekends.

9 Protein First at Breakfast

EAT & DRINK

DO THIS Build breakfast around protein: eggs, Greek yogurt, cottage cheese or leftover chicken. Roughly 20 to 30 g works for many adults.

WHY IT HELPS Protein keeps you full longer and supports the muscle you're building, which helps when mornings are rushed.

MAKE IT STICK Hard-boil a batch of eggs or fill yogurt cups on Sunday so breakfast is grab-and-go.

10 A Glass With Every Coffee

EAT & DRINK

DO THIS Drink a full glass of water before or alongside each coffee or tea.

WHY IT HELPS Even mild dehydration can add to tiredness and headaches. A fixed cue is easier than "drink more water."

MAKE IT STICK Keep a filled bottle where you actually sit: desk, couch, car cupholder.

11 One Extra Vegetable

EAT & DRINK

DO THIS Add one vegetable to one meal a day: spinach in your eggs, carrots with lunch, frozen broccoli in dinner.

WHY IT HELPS Vegetables add fiber, vitamins and volume. Fiber helps with fullness and digestion.

MAKE IT STICK Keep frozen vegetables stocked. They're just as nutritious and they never go off.

12 The Snack Shelf

EAT & DRINK

DO THIS Put ready-to-eat snacks at eye level: fruit, nuts, cheese sticks, hummus and cut vegetables. Move less helpful snacks up high.

WHY IT HELPS You eat what's easiest to reach, especially when you're tired. Setting up your space beats willpower.

MAKE IT STICK Reset the shelf once a week while you put the shopping away.

13 Decide Dinner by 2 PM

EAT & DRINK

DO THIS By early afternoon, pick tonight's dinner and thaw or prep one part of it.

WHY IT HELPS Most last-minute takeout decisions happen at 5:30 when you're tired and hungry. Deciding earlier removes the pressure.

MAKE IT STICK Keep 3 default dinners you can always make from pantry and freezer staples.

14 Sit for One Meal

EAT & DRINK

DO THIS Eat one meal a day sitting down, away from screens, for at least 10 minutes.

WHY IT HELPS Slowing down helps you notice fullness and gives your nervous system a short break.

MAKE IT STICK Choose your quietest meal, often breakfast or lunch, and put your phone in another room.

15 Cook Once, Eat Twice

EAT & DRINK

DO THIS When you cook a protein or a grain, make double and store half for another day.

WHY IT HELPS It cuts your weekday decision load and gives you a fast, balanced base for the next meal.

MAKE IT STICK Use the same containers every time so storing leftovers takes 30 seconds.

16 A Steady Wake-Up

SLEEP

DO THIS Wake within about an hour of the same time every day, weekends included.

WHY IT HELPS A regular schedule helps your body clock, which makes it easier to fall asleep and wake up feeling better.

MAKE IT STICK Set a daily alarm labeled with your reward, such as "Coffee + sunshine."

17 The Caffeine Cut-Off

SLEEP

DO THIS Have your last caffeine at least 6 to 8 hours before bed. For a 10 p.m. bedtime, that's about 2 to 4 p.m.

WHY IT HELPS Caffeine lingers for hours and can cut into deep sleep even if you still manage to fall asleep.

MAKE IT STICK Switch your afternoon cup to decaf or herbal tea so you keep the ritual without the buzz.

18 The Brain Dump

SLEEP

DO THIS Spend 5 minutes before bed writing tomorrow's to-do list and any worries on paper.

WHY IT HELPS In one small study, people who wrote a to-do list fell asleep faster than those who wrote about what they'd finished.

MAKE IT STICK Keep a notepad on your nightstand so you don't need to pick up your phone.

19 Dim and Wind Down

SLEEP

DO THIS For the last 30 minutes before bed, dim the lights and repeat the same low-key routine: wash up, stretch, read a few pages.

WHY IT HELPS A repeated routine tells your brain it's safe to power down.

MAKE IT STICK Keep it short. The same 3 steps every night beat a perfect hour you never finish.

20 Cool, Dark, Quiet

SLEEP

DO THIS Make your bedroom a little cool, dark and quiet: lower the thermostat, use blackout curtains or an eye mask, and try white noise.

WHY IT HELPS Most people sleep better in a cooler room (65 to 68°F is commonly suggested) with less light and noise.

MAKE IT STICK Change one thing this week, not everything at once.

21 Park Your Phone

SLEEP

DO THIS Charge your phone across the room, or outside the bedroom if you can.

WHY IT HELPS It removes the late-night scroll and the stimulation that keeps your brain switched on.

MAKE IT STICK Buy a simple alarm clock so your phone isn't needed at your bedside.

22 Long-Exhale Breathing

CALM

DO THIS Breathe in through your nose for 4 counts and out through your mouth for 6. Repeat for 1 to 2 minutes.

WHY IT HELPS Longer exhales help switch on your body's calming response and slow your heart rate.

MAKE IT STICK Use red lights, doorways or buckling the car seat as your cue.

23 The Double Sigh

CALM

DO THIS Take two quick inhales through your nose (a big one, then a small top-up), then one long slow exhale through your mouth. Repeat 3 to 5 times.

WHY IT HELPS A 2023 Stanford-led study found 5 minutes a day of this "cyclic sighing" improved mood more than mindfulness meditation.

MAKE IT STICK Use it at the first spike of frustration, before it builds.

24 5-4-3-2-1 Grounding

CALM

DO THIS Name 5 things you see, 4 you can feel, 3 you hear, 2 you smell and 1 you taste.

WHY IT HELPS It pulls your attention out of a spiral and into the present moment, which interrupts anxious thought loops.

MAKE IT STICK Practice once while you're calm so it's easy when you aren't.

25 Name It to Tame It

CALM

DO THIS Say or write what you're feeling: "I feel overwhelmed because the day is packed. What I need is ___."

WHY IT HELPS Research on affect labeling suggests that putting a name on an emotion can reduce its intensity.

MAKE IT STICK Use the formula: I feel ___ because ___. What I need is ___.

26 The Jaw and Shoulder Check

CALM

DO THIS Several times a day, unclench your jaw, let your tongue drop from the roof of your mouth and let your shoulders fall away from your ears.

WHY IT HELPS Stress often shows up as physical tension we don't notice until it hurts.

MAKE IT STICK Do it every time you open the fridge or your phone lights up.

27 The One-Breath Pause

CALM

DO THIS Before you respond to a spill, a tone or a text, take one slow breath, then answer.

WHY IT HELPS A pause creates a gap between feeling and reacting, so you can respond the way you actually want to.

MAKE IT STICK Put a hand on the counter or your chest as a physical cue.

28 Ten Minutes That Are Yours

CALM

DO THIS Protect 10 minutes a day for something just for you: tea, a walk, a song, stretching or a book.

WHY IT HELPS Rest isn't a reward for finishing. It's what keeps you able to keep going, and small daily breaks stop stress stacking up.

MAKE IT STICK Put it in your calendar under a name like "Meeting with me."

29 Ask for One Specific Thing

CALM

DO THIS Make one clear, small request a day: "Can you do bath time tonight?" instead of "I need more help."

WHY IT HELPS Vague asks get vague answers. Specific requests are much easier for people to say yes to.

MAKE IT STICK Write your ask in your phone notes in the morning so you're ready.

30 Three Wins

CALM

DO THIS Before bed, note 3 things that went okay today, however small.

WHY IT HELPS Looking for what went right counters the habit of replaying what went wrong, so you end the day on firmer ground.

MAKE IT STICK Say them out loud while brushing your teeth, or jot them in the tracker notes.

The Calm-Down Toolkit

For the moments when a habit isn't enough. Keep this page handy, or snap a photo of it.

WHEN YOU'RE ABOUT TO SNAP

1. Press your feet into the floor and unclench your jaw.
2. Do 3 double sighs (habit 23).
3. Lower your voice on purpose and say, "I need a minute." Step into another room if everyone is safe.
4. Repair afterwards: "I got loud, and that wasn't okay. I'm sorry." Repair teaches more than perfection.

WHEN EVERYTHING FEELS LIKE TOO MUCH

1. Write everything on your mind on paper for 2 minutes.
2. Circle the ONE thing that truly has to happen today.
3. Cross out or move two things to another day.
4. Start with 5 minutes on the circled task.

WHEN YOUR MIND SPINS AT 2 A.M.

1. Don't check the clock. Do 10 long-exhale breaths.
2. Write what's looping on paper and tell yourself: "I'll handle this at 9."
3. If you're still awake after about 20 minutes, get up, keep the lights low and do something quiet until you feel sleepy.

WHEN MOM GUILT HITS

1. Name it: "I feel guilty because ___."
2. Ask: is this something I can change, or something I'm expected to do perfectly?
3. If you can change it, take one small step. If not, let it go and be kind to yourself.

Words to borrow

Say one out loud, write it on a sticky note or set it as a phone reminder. Choose the ones that sound like you.

I don't have to do everything today, only the next right thing.

Good enough is good for my kids.

My needs count too.

This feeling is real, and it will pass.

I'm learning, not failing.

I can pause before I respond.

Rest is part of the plan.

I've handled hard days before.

Small steps still count.

I can ask for help.

I'm allowed to change the plan.

I did more today than I'm giving myself credit for.

WHEN IT'S MORE THAN STRESS

If you've felt anxious, low or hopeless for more than two weeks, if it's getting in the way of daily life, or if you've had a baby in the past year and feel this way, please talk to your doctor or a mental health professional. If you ever feel unsafe or are thinking about harming yourself, call or text 988 (US) or your local emergency number right away. This guide is for education and isn't medical advice or therapy.

START DATE: _____

My habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

WHAT'S WORKING

_____

_____

_____

WHAT'S HARD

_____

_____

_____

WHAT I'LL CHANGE NEXT

_____

_____

_____

DANIELLY'S
FITNESS

Want more momentum?

MomMentum is our 28-day program for moms: short, doable workouts that help you feel stronger and calmer, because stress lives in the body and movement is how we change it.

Ask us about MomMentum