



A GROUNDWALKER WELLNESS PROGRAM

THE GROUNDWALKING RESET

A 7-DAY GUIDED CHALLENGE

One week. Body, Mind, Life and Self, every single day — with a real plan, not a suggestion.

Best after you've read *Start Where You Are* and *Wellness 101* — this is where the reading turns into seven days of doing.

LUKE GROUNDWALKER

WELLNESS + PREVENTATIVE HEALTHCARE

How this week works.

Seven days. Four things a day — one for Body, one for Mind, one for Life, one for Self. Do them in order if you can, but a missed day does not end the week.

- You need about 20–30 minutes most days, a little more on Day 2 and Day 5.
- No equipment required — every movement uses just your bodyweight.
- Check the circle next to each item as you complete it. There is a progress tracker at the bottom of every page.
- If you have an existing injury, a medical condition, or haven't exercised in a while, check with a physician before starting — and stop any movement that causes sharp or worsening pain.

Slower and complete beats fast and abandoned. Go at the pace you can actually keep.

SHOW UP

BODY



Take a 10-minute walk today — outside if you can. No pace target. The only job is to go.

MIND



Sit for five minutes. Don't try to clear your mind — just notice when it wanders, and gently come back. No app needed, just a timer.

LIFE



Pick one wake-up time and commit to protecting it for the next 7 days — not perfectly, just consistently.

SELF



Write one sentence: why does this week matter to you? Keep it somewhere you'll see it again.

MOVE

BODY

Beginner circuit — 2 rounds, resting 60 seconds between rounds:

- Bodyweight squats × 12
- Incline push-ups (hands on a counter or step) × 8–10
- Glute bridges × 15
- Plank hold × 20–30 seconds

Modify any move to stay pain-free. Slower and controlled beats fast and sloppy.

MIND

Box breathing before your circuit: inhale 4 counts, hold 4, exhale 4, hold 4. Repeat for 6 rounds.

LIFE

Send one text to someone you care about, just to check in. No agenda.

SELF

Reread yesterday's sentence. Does it still feel true? Adjust it if it doesn't.

FUEL

BODY



Build one meal today around protein, plants, and water — nothing fancier than that. Notice how it actually makes you feel afterward.

MIND



Eat one meal today with your phone in another room. Notice the food. Notice when you're actually full.

LIFE



Clear your kitchen counter of one thing that makes the unhealthy choice the easy one.

SELF



Notice one thing today you're genuinely grateful for. Write it down, even one line.

MIDPOINT RESET

BODY

Take a recovery day — an easy walk, light stretching, or nothing more demanding than yesterday's circuit. Recovery is part of the training, not a break from it.

MIND

Journal for five minutes: what's felt hard about this week so far? No editing, just write.

LIFE

Reach out to one person in your corner — a friend, a family member, your community — and tell them you're doing this.

SELF

Reread the Five Foundations in Start Where You Are. Which one do you need most this week?

PUSH

BODY



Beginner circuit — 3 rounds, resting 45 seconds between rounds:

- Reverse lunges × 8 per leg
- Push-ups × 10
- Hip hinge with reach (single-leg or two-leg) × 12
- Side plank × 20 seconds per side

One round harder than Day 2. If it's too much, go back to Day 2's version — that's not failure, that's calibration.

MIND



Name the stressor before it names you: when your chest tightens today, say out loud (or to yourself) exactly what's happening — “I’m anxious about ____.” Naming it first shrinks it.

LIFE



Make one small change to your environment that removes friction from tomorrow's actions — lay out clothes, prep food, silence a notification.

SELF



What do you want this effort to build toward, six months from now? One sentence.

STILLNESS

BODY



Keep movement light today — mobility work, a slow walk, or gentle stretching. Let your body actually absorb the week.

MIND



Sit for ten minutes today — double your Day 1 baseline. Same rule: notice, don't force.

LIFE



Protect one full evening this week — no work, no obligations, no scrolling after a set time.

SELF



Write a short note to yourself, 30 days from now. What do you want it to say?

INTEGRATE

BODY



Do the one thing from this week you actually want to keep doing — whichever circuit, walk, or movement earned its place.

MIND



Reflect on what mental shift showed up this week — write one sentence about what surprised you.

LIFE



Decide, in one sentence, which of this week's habits you're actually keeping.

SELF



Choose your next anchor habit — the one thing from this week you're carrying forward. Write it down.

You finished the Reset.

Seven days of showing up across all four parts of the map is not a small thing — most people never get past day two of anything. Whatever you kept and whatever you dropped this week, you now know more about your own patterns than you did seven days ago.

Your next anchor habit (from Day 7):

WHAT COMES AFTER A RESET

A week builds awareness. A season builds change. If this week showed you something worth building on properly — with real programming and someone in your corner — that is exactly what ongoing coaching with Groundwalker Wellness is for.



KEEP WALKING. ONE RESET AT A TIME.

Ready to keep going? Book a consultation and let's build the next stretch together — real programming, real nutrition coaching, and the mindset work, tailored instead of templated.

Book a consultation — groundwalkerwellness.com

ABOUT LUKE

Luke "Groundwalker" Jaeger is a NASM Certified Personal Trainer, NASM Certified Nutrition Coach, and NASM Group Personal Training Specialist, and a PSIA Level 1 ski instructor. He holds a B.S. in Biomedical Materials Engineering and Science and an M.B.A. focused on Sustainability and Healthcare, alongside more than seven years of experience in clinical research and quality assurance — including work as a Clinical Trial Associate at Synergy Pharmaceuticals and 9Meters Biopharma. His work combines fitness, nutrition, mindfulness and preventative health under the Groundwalking Way.

EDUCATIONAL NOTE

This program shares general educational and exercise information. It does not diagnose, treat or prevent disease and is not a substitute for individualized care from a physician, registered dietitian, licensed mental health professional or other qualified provider. Consult a physician before beginning a new exercise program, especially with an existing injury or condition. Stop any movement that causes sharp or worsening pain. If you are in the United States and experiencing a mental health crisis or thoughts of suicide, call or text 988. For an immediate life-threatening emergency, call 911.