

HOLISTIC HEALTH WITH PRAVIN

7-Day Holistic Health Reset

A practical guide to building a healthier, calmer, more balanced routine through nutrition, movement, and mindfulness.

7 DAYS Small, realistic steps	3 PILLARS Nourish · Move · Mind	ONE GOAL Build consistency
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No extreme diets. No punishing workouts. No perfect routine required.

A gentle reset for everyday life

Welcome to your reset

Your health is shaped by the small choices you repeat, not by one perfect day. This 7-day reset is designed to help you pause, reconnect with your needs, and practise a few supportive habits that fit real life.

How to use this guide

- Spend about 20–40 minutes across the day on the suggested activities. Break them into small moments if needed.
- Choose familiar, affordable foods that suit your culture, preferences, and any medical or dietary needs.
- Adapt movement to your current ability. Gentle walking, stretching, chair-based movement, or rest all count.
- Use the daily checklist to notice consistency, not to judge yourself. If you miss a day, simply continue.
- Keep a glass or bottle of water nearby and drink regularly according to your needs and your clinician's advice.

Your three reset pillars

NOURISH	MOVE	MIND
Build balanced meals and a steady relationship with food.	Add enjoyable, manageable movement throughout the day.	Create small pauses for breathing, gratitude, and reflection.

A quick note on safety

This guide is for general education and is not medical advice, a detox treatment, or a substitute for personalised care. Your body already has systems that process and eliminate waste. If you are pregnant, have a chronic condition, a history of disordered eating, significant pain, or specific dietary restrictions, consult a qualified healthcare professional before making changes. Stop any activity that causes pain, dizziness, chest discomfort, or unusual breathlessness.

Start with awareness

Notice your current routine without trying to change everything at once.

Today's intention: Observe your energy, meals, movement, and mood with curiosity rather than criticism.

01 Nourish

Build one balanced plate today: include vegetables or fruit, a protein source such as dal, beans, eggs, curd, paneer, fish or chicken, and a grain or other staple that suits you. Eat at a comfortable pace.

02 Move

Take a relaxed 10–15 minute walk, or do gentle mobility at home. Keep the pace comfortable enough to talk.

03 Reset your mind

Sit quietly for three minutes. Breathe naturally and notice where you feel tension. You do not need to force your breathing or clear your mind.

04 One small habit

Keep a simple note of when you feel most energetic and when you tend to feel drained.

MINI CHALLENGE

Write down your energy level from 1–10 in the morning and evening, plus one observation about your routine.

Evening reflection: What is one thing my body may be asking for more of: rest, food, water, movement, or calm?

Today I completed: ■ Nourish ■ Move ■ Mindfulness ■ Small habit

Nourish consistently

Make meals satisfying, varied, and practical for your everyday schedule.

Today's intention: Support steady energy with regular, balanced meals instead of chasing a perfect diet.

01 Nourish

At one meal, combine a protein food, fibre-rich produce, and a familiar carbohydrate. For example: dal, sabzi, roti and curd; or rice, rajma and salad. Add fruit or nuts as suitable snacks if you need them.

02 Move

Add two short movement breaks during your day. Walk, stretch your shoulders, or gently move after a long sitting period.

03 Reset your mind

Before one meal, pause for five slow, comfortable breaths. Notice hunger, fullness, taste, and pace without labelling food as good or bad.

04 One small habit

Plan one easy meal or snack for tomorrow so that a busy day does not leave you without options.

MINI CHALLENGE

Include one extra serving of fruit or vegetables today, if appropriate for you, and prepare one simple food option for tomorrow.

Evening reflection: Which meal helped me feel comfortably satisfied? What could make my next meal easier?

Today I completed: ■ Nourish ■ Move ■ Mindfulness ■ Small habit

Move in a way you enjoy

Movement can support strength, mood, mobility, and everyday function.

Today's intention: Choose a level of movement that feels achievable and repeatable.

01 Nourish

Eat enough to support your day. Include a protein source at a meal and drink water regularly, adjusting for your activity, climate, and personal needs.

02 Move

Choose 15–20 minutes of comfortable activity: walking, dancing, cycling, yoga, or a beginner-friendly routine. If that is too much, try two 5-minute sessions. Adapt to your ability.

03 Reset your mind

After moving, take one minute to notice your breathing and how your body feels. Thank yourself for showing up, whatever the duration.

04 One small habit

Pair movement with an existing routine, such as a short walk after lunch or stretching after work.

MINI CHALLENGE

Schedule your next movement session in your calendar or connect it to a daily habit.

Evening reflection: What type of movement felt good? What is a realistic version I could repeat three times this week?

Today I completed: ■ Nourish ■ Move ■ Mindfulness ■ Small habit

Make room for calm

Build a small pause between the demands of the day and your response to them.

Today's intention: Practise responding to stress with a little more awareness and self-kindness.

01 Nourish

Eat away from your screen for one meal if possible. Take time to notice the food and let the meal be a break rather than another task.

02 Move

Try five minutes of gentle stretching or a relaxed walk outdoors. Keep your shoulders and jaw soft, without forcing a stretch.

03 Reset your mind

Try a 5-minute grounding practice: notice five things you see, four things you feel, three things you hear, two things you smell, and one thing you taste. Skip any step that feels uncomfortable.

04 One small habit

Take one short screen-free break. Put your phone aside and do something restorative, even if only for five minutes.

MINI CHALLENGE

Create a short pause before one stressful transition, such as starting work, opening messages, or beginning your commute.

Evening reflection: What triggered stress today? What helped me feel even slightly more settled?

Today I completed: ■ Nourish ■ Move ■ Mindfulness ■ Small habit

Support better sleep

A steady wind-down routine can make it easier to protect sleep time.

Today's intention: Make your evening a little more predictable and restful.

01 Nourish

Keep your evening meal comfortable and suited to your routine. If caffeine affects your sleep, consider avoiding it later in the day. Individual responses vary.

02 Move

Get some daylight and gentle movement during the day if possible. Avoid intense activity close to bedtime if it makes you feel more alert.

03 Reset your mind

Try a 5-minute brain-dump: write down unfinished tasks, one priority for tomorrow, and anything you want to stop carrying into the night.

04 One small habit

Choose a realistic bedtime window and begin winding down 20–30 minutes beforehand. Dim screens or put them away if that helps you relax.

MINI CHALLENGE

Prepare your sleep space: make it as dark, quiet, comfortable, and cool as practical.

Evening reflection: What tends to interrupt my sleep? What is one change I can test without pressure?

Today I completed: ■ Nourish ■ Move ■ Mindfulness ■ Small habit

Connect and recharge

Well-being includes relationships, enjoyment, and time away from constant demands.

Today's intention: Make room for one small moment of connection or joy.

01 Nourish

Share a meal or snack with someone if you can, or prepare something nourishing that you genuinely enjoy. Food is also culture, connection, and pleasure.

02 Move

Choose a fun activity that gets you moving a little, such as a walk with a friend, playing with children, gardening, or dancing to a favourite song.

03 Reset your mind

Send a thoughtful message, express appreciation, or spend five minutes listening to someone without multitasking. If you need solitude, take a quiet restorative break instead.

04 One small habit

Set one small boundary that protects your energy, such as a short break from notifications or a clear stopping time for work.

MINI CHALLENGE

Reach out to one person or plan one enjoyable activity for the coming week.

Evening reflection: Which people or activities help me feel more like myself? How can I make space for them?

Today I completed: ■ Nourish ■ Move ■ Mindfulness ■ Small habit

Build your personal routine

Keep the habits that fit your real life and let go of the ones that do not.

Today's intention: Turn the past week into a simple plan you can continue.

01 Nourish

Choose three reliable meal ideas for busy days. Aim for variety across the week, with vegetables or fruit, protein foods, and staple foods that work for your needs and budget.

02 Move

Pick a movement routine you can repeat. Set a minimum version for busy days, such as a 5-minute walk or gentle stretch.

03 Reset your mind

Spend five minutes reviewing the week. Name one thing you learned, one thing you appreciate, and one habit you want to continue.

04 One small habit

Choose just three anchor habits for next week: one for nourishment, one for movement, and one for mental well-being. Add more only when these feel manageable.

MINI CHALLENGE

Write a simple plan for the next seven days with specific, realistic times or cues.

Evening reflection: What made me feel better? What felt unrealistic? What will I keep, adapt, or leave behind?

Today I completed: ■ Nourish ■ Move ■ Mindfulness ■ Small habit

Your 7-day progress tracker

Tick the habits you practised. A tick is a reminder that you made an effort, not a score of your worth. Adjust the targets to fit your circumstances.

DAY	NOURISH	MOVE	MIND	ONE NOTE
Day 1	■	■	■	_____
Day 2	■	■	■	_____
Day 3	■	■	■	_____
Day 4	■	■	■	_____
Day 5	■	■	■	_____
Day 6	■	■	■	_____
Day 7	■	■	■	_____

My next-week plan

Nourish: The one food or meal habit I will practise is _____

Move: The movement I will try, and when, is _____

Mind: The pause or wind-down habit I will protect is _____

Support: One person, reminder, or environment change that will help me is _____

A reminder to take with you

Progress is not all-or-nothing. A short walk counts. A simple home-cooked meal counts. A few quiet breaths count. The most useful routine is one that supports your life and that you can return to after a difficult day.

Holistic Health with Pravin

Practical education for a more balanced life across physical health, mental well-being, nutrition, movement, and everyday habits.

Educational resource. Not a substitute for medical advice or individualised care.