

THE RESET

A Simple Weight Loss Starter Course

5 short modules. No fads. No gimmicks.
Just a clear, doable starting point.

SheysUniverse.live.com

Welcome

This course is built for one purpose: to give you a simple, honest starting point for losing weight in a way you can actually stick with. No extreme diets, no miracle pills, no 24-hour "cleanses." Just five short modules covering the real basics — how weight loss works, how to eat in a way that fits your life, how to move your body, how to build habits that last, and a simple 30-day plan to put it all together.

Go at your own pace. Reread a module if you need to. This is meant to be simple, not perfect.

A quick note: This course is educational, not medical advice. Talk to your doctor before starting any new eating or exercise plan, especially if you have an existing health condition.

Module 1: The Basics of Weight Loss

At its core, weight loss comes down to energy balance: your body uses a certain amount of energy (calories) each day just to function, plus whatever you burn through movement. When you consistently take in less energy than you use, your body draws on stored fat for the difference — and over time, that shows up as weight loss.

Three things matter most:

- **Consistency beats intensity.** A small, steady deficit you can keep up with beats an extreme one you'll quit in a week.
- **Muscle matters.** Keeping some strength/resistance movement in the mix helps protect muscle while you lose fat.
- **The scale isn't the whole story.** Water, hormones, and digestion all move the number day to day. Look at trends over weeks, not single readings.

Module 2: Building a Simple Eating Plan

You don't need a complicated meal plan to eat better — you need a few reliable habits you can repeat most days.

Start here:

- **Protein at every meal.**

Module 3: Moving Your Body

Exercise supports weight loss, but its bigger job is helping you keep the weight off and feel stronger while you lose it. You don't need a gym membership or an hour a day to start.

A simple weekly starting point:

- **Walk most days.** Even 15–20 minutes counts. Walking is low-impact and easy to build into daily life.
- **Add 2 short strength sessions a week.** Bodyweight moves like squats, push-ups (modified is fine), and lunges are enough to start.
- **Move throughout the day.** Stretch breaks, taking the stairs, parking farther away — small movement adds up.
- **Rest is part of the plan.** Give your body at least one full rest day each week.

You don't need to "earn" your food with exercise. Movement and eating are two separate tools working toward the same goal — treat them that way.

Module 4: Mindset and Habits That Stick

Most weight loss attempts don't fail because of a bad diet plan — they fail because the plan wasn't realistic to live with. This module is about building habits that survive a busy week, a bad day, or a vacation.

A few mindset shifts that help:

- **Progress, not perfection.** One off-track meal doesn't undo a week of good choices — only quitting does.
- **Stack habits.** Attach a new habit to something you already do (e.g., drink a glass of water right after you brush your teeth).
- **Track something simple.** A daily check-off for "did I move today" or "did I eat protein at breakfast" builds momentum without obsessing over numbers.
- **Plan for setbacks.** Decide in advance what you'll do when life gets in the way — don't wait until you're already off track to figure it out.

Write down one habit from Modules 2 and 3 you'll start with this week. Just one. Build from there.

Module 5: Your Simple 30-Day Plan

Here's how to bring it all together into one simple month. Adjust it to fit your life — the goal is consistency, not a perfect scorecard.

Week	Focus	Simple Goal
Week 1	Awareness	Notice your eating and movement patterns. No major changes yet.
Week 2	Protein + Water	Add protein to each meal. Drink a glass of water before snacking.
Week 3	Movement	Walk most days. Add 2 short strength sessions.
Week 4	Consistency	Keep Weeks 2–3 habits going. Reflect on what's working and adjust.

After 30 days, take stock: what felt doable? What didn't? Keep the habits that worked and adjust the rest. Weight loss that lasts is built in months like this one, repeated — not in a single perfect week.

You made it through The Reset. That's real progress already — most people never get past the planning stage. Go easy on yourself, stay consistent, and keep going.

About SheysUniverse

SheysUniverse creates simple, honest digital guides and courses across health, faith, kids' learning, and personal growth — built to be genuinely useful, not gimmicky.

Shey is also a UGC (user-generated content) and content creator on Instagram and TikTok. Brands and companies looking to collaborate can find her at:

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Thank you for being part of SheysUniverse.