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FREE

The Busy Woman's

7-Day Energy Reset

Feel Better. Eat Better.

Move More. Stress Less.

A simple plan for busy women who want more energy without
another crash diet.

By Tetyana Uyechko, RN



"Small habits. Big transformation."

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Welcome

Hi!

I'm Tetyana.

I'm a registered nurse, wife, mom, and wellness coach.

I know what it's like to juggle long workdays, family responsibilities, and still want to take care of yourself.

Over the years, people have asked me the same questions:

- How do you have so much energy?
- How do you stay fit while working 12-hour shifts?
- What do you eat?

This guide shares the simple habits that have helped me stay energized and consistent.

You don't need perfection.

You just need one small step.

Let's begin.

💙 Nurse's Tip

Healthy habits don't have to be perfect to make a difference. Small, consistent choices repeated every day often lead to the biggest changes.



"Small habits. Big transformation."

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Before We Start Forget perfection.

For the next seven days simply focus on:

- ✓ Drinking more water
- ✓ Eating more whole foods
- ✓ Moving your body
- ✓ Sleeping a little better
- ✓ Being kinder to yourself

Small habits.

Big results.

♥ Nurse's Tip

Don't try to change everything at once.
Focus on one habit at a time and let your
confidence grow with every small success.



"Small habits. Big transformation."

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DAY ONE

Hydrate & Reset

Nutrition

- ✓ Drink 2 liters of water
- ✓ Protein at every meal

Movement

20-minute walk

Mindfulness

Five deep breaths before breakfast.

Five deep breaths before bed.

Today's Challenge

Go to bed 30 minutes earlier.

💙 Nurse's Tip

Start your day with a glass of water before coffee. Even mild dehydration can leave you feeling tired and make it harder to focus.



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DAY TWO

Fuel Your Body

Nutrition

- Half your plate vegetables
- Skip sugary drinks

Movement

20-minute strength workout

Mindfulness

Write down three things you're grateful for.

Today's reminder:

Your body deserves nourishment—not
punishment.

💙 Nurse's Tip

Aim to include protein with every meal. Protein helps keep you full, supports muscle health, and provides steady energy throughout the day.



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DAY THREE

Move More

Nutrition

Healthy snack:

- Greek yogurt
 - Apple
 - Nuts
- Cottage cheese

Movement

8,000–10,000 steps

Mindfulness

Eat one meal without your phone.

💙 Nurse's Tip

Movement doesn't have to be perfect. A brisk 20-minute walk can boost your mood, improve circulation, and increase your daily energy.

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DAY FOUR

Build Strength

Nutrition

Healthy fats

- Avocado
- Olive oil
- Nuts

Movement

20-minute strength workout

Mindset

Strong women build strong habits

💙 **Nurse's Tip**

Strength training isn't just for building muscle. It supports healthy aging, improves balance, and helps maintain independence as we get older.



"Small habits. Big transformation."



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DAY FIVE

Stress Less

Nutrition

Choose whole foods today.

Movement

Walk outside. Mindfulness.

5 minutes of quiet breathing.

Challenge

Smile at yourself in the mirror.

♥ Nurse's Tip

Chronic stress can affect your sleep, energy, and overall health. Even five minutes of deep breathing can help your body begin to relax.



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DAY SIX

Stay Consistent

Nutrition

Prepare tomorrow's meals.

Movement.

Do something fun.

Dance. Bike. Walk. Stretch.

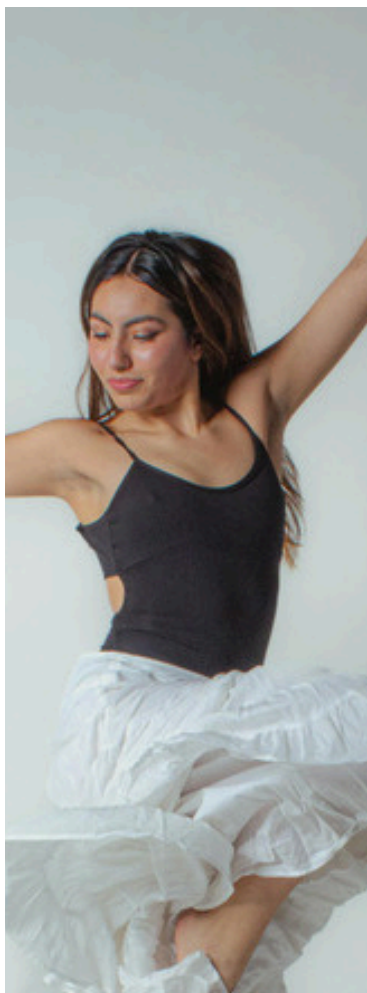
Mindset.

Consistency beats motivation

💙 Nurse's Tip

You don't need to be motivated every day.
Building simple routines makes healthy choices
easier, even on your busiest days.

"Small habits. Big transformation."



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DAY SEVEN

Reflect

Journal:

- ✓ What gave me energy?
- ✓ What habit felt easiest?
- ✓ What habit will I continue?

Celebrate yourself.

♥ Nurse's Tip

Take a moment to celebrate your progress. Lasting change comes from consistency, not perfection.



"Small habits. Big transformation."

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Habit Tracker

Habit Mon Tue Wed Thu Fri Sat Sun

Water

Workout

Protein

Mindfulness

Sleep

♥ Remember

Every checkmark is a promise you've kept to yourself. Progress is built one day at a time.



"Small habits. Big transformation."

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Grocery List

- *Protein *Chicken *Eggs *Greek yogurt
- *Cottage cheese *Fish *Vegetables
- *Spinach *Broccoli *Cucumbers
- *Peppers *Fruit *Apples *Berries
- *Bananas *Healthy Fats *Avocados
- *Almonds *Olive oil

♥ Shopping Tip

Choose mostly whole, minimally processed foods. Filling your cart with colorful fruits, vegetables, lean proteins, and healthy fats makes healthy eating much easier.



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Ready for the Next Step?

If you enjoyed this reset, imagine what you could accomplish with personalized guidance.

My Mindful Fit Method is designed to help busy women build sustainable habits, increase energy, and feel confident—without extreme diets or guilt.

I'd love to support you on your journey.

Follow me:

Instagram: @beyond_limitscoaching

TikTok: @beyond_limits_coaching

Website: beyond-limits-coaching.com

💙 A Personal Message

If you completed this 7-Day Energy Reset, you've already proven that you're capable of making positive changes. Imagine what you could accomplish with personalized guidance and support. I'd be honored to help you continue your journey.



"Small habits. Big transformation."