



COMEBACK OVER 50™
STRONGER. FITTER. BRAVER.

June COMEBACK RESET



**30 DAYS TO GET BACK
ON TRACK FOR SUMMER
AND THE REST OF THE YEAR**

Summer is here.



*Let's make
it count.*

WELCOME TO THE JUNE COMEBACK RESET


June is here and summer is calling! Longer days. Sunshine. Patio. Coffee. Concerts. Campaign trips. And more time outside. It's the perfect time to reset, refocus and feel your best for all the adventures ahead.

This is not about perfection.

It's about progress, building habits that support our energy, health and happiness.

You've got this and I'm so excited to do this together!

Let's go! 



*Summer is here.
Let's make it count.*

Why June?

June gives us the perfect mix of fresh energy and motivation to create momentum for the rest of the year.



MORE DAYLIGHT

More time to move, be outside and enjoy life.



SUMMER ENERGY

Warm weather lifts our mood and our motivation.



A FRESH START

A mid-year reset keeps you from waiting until January.



BUILD MOMENTUM

Small steps now create big changes for your future.



YOU DESERVE THIS

You matter. Your health matters.

Your dreams matter.

Let's relive our summer youth in June!

OUR 30 DAY

Commitment

For the next 30 days, I commit to showing up for myself.
Not perfectly, but consistently.



I will move my body.



I will fuel myself better.



I will work on my mindset.



I will choose joy.



I will build habits that last.



I will remember that progress matters more than perfection.

I'M IN. LET'S DO THIS!



Signed: _____

Date: _____

MY STARTING POINT

Be honest with yourself. No judgement. Just where you are today.

My energy level: _____

My movement: _____

My sleep: _____

My nutrition: _____

My stress level: _____

What feels good: _____

What feels hard: _____

How I want to feel by July 1:

My 3 goals for this month:

1. _____

2. _____

3. _____

MY JUNE STRATEGY



What I'm focusing on this month:

- | | |
|--|--|
| <input type="checkbox"/> Walk more | <input type="checkbox"/> Fasting strategy* |
| <input type="checkbox"/> Strength training. | <input type="checkbox"/> Better sleep |
| <input type="checkbox"/> Stretch / Mobility | <input type="checkbox"/> More outside time |
| <input type="checkbox"/> Drink more water | <input type="checkbox"/> Meditation / Prayer |
| <input type="checkbox"/> Protein first at every meal | <input type="checkbox"/> Journaling |
| <input type="checkbox"/> Eat whole foods | <input type="checkbox"/> Less scrolling! |
| <input type="checkbox"/> Reduce inflammatory foods | <input type="checkbox"/> More joy & laughter |
| <input type="checkbox"/> Other: _____ | |

A NOTE ABOUT FASTING

Fasting can be a helpful tool for many people to simplify eating, reduce inflammation and build better habits. MY June strategy includes fasting as a part of my personal approach. It helps my body heal, and I feel great!

*Please REMEMBER, I am not a doctor, dietitian or personal trainer. This is general advice only, and for sharing my story and building a community. If YOU have medical conditions or take medications, talk with your healthcare provided before making changes. Including fasting!

30-Day Plan

DAILY FOCUS



FUEL

Nourish your body



MOVE

Move your body



MINDSET

Strengthen your mind



JOY

Feed your soul



WATER

Hydrate well









WIN

Celebrate progress

**DAILY
FOCUS**

JUNE 1







JUNE 2

 <p>MOVE & EXPLORE</p>	Take a 20-minute walk and notice signs of summer.	Strength training.
 <p>FUEL</p>	Drink water before coffee this morning. Start paying attention to how food makes you feel.	Protein first today. Focus on getting protein into every meal.
 <p>MINDSET</p>	Start a journal.	Write down three things you want to feel this summer.
 <p>JOY</p>	Sit outside for ten minutes and just enjoy the warmth of the sun.	Listen to the music you loved years ago.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What made you smile today?	What went well today?

**DAILY
FOCUS**

JUNE 3







JUNE 4

 <p>MOVE & EXPLORE</p>	Walk after dinner. 15 minutes of stretching.	Take your morning coffee outside and walk afterward.
 <p>FUEL</p>	Start thinking about your eating window. My June strategy includes eating less often instead of grazing all day.	Reduce processed foods today.
 <p>MINDSET</p>	What does your strongest self, look like?	What is one habit you want to build this month?
 <p>JOY</p>	Get outside and listen to the sounds of summer.	Buy yourself fresh flowers.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What are you proud of today?	What did you do for yourself today?

**DAILY
FOCUS**

JUNE 5

JUNE 5

 <p>MOVE & EXPLORE</p>	Strength training.	Explore a local park you've never visited.
 <p>FUEL</p>	Focus on whole foods today.	Pay attention to evening eating habits.
 <p>MINDSET</p>	Write one thing you are proud of.	What drains your energy?
 <p>JOY</p>	Call someone you love.	Sit outside with coffee and go through old family photos.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What gave you energy today?	What was today's bright spot?

**DAILY
FOCUS**

JUNE 7

 <p>MOVE & EXPLORE</p>	Walk farther than normal. 15-minute stretch.
 <p>FUEL</p>	Prep simple meals for next week.
 <p>MINDSET</p>	Write one thing you're excited about this summer.
 <p>JOY</p>	Do something fun you loved as a child.
 <p>WATER</p>	How many glasses?
 <p>WIN OF THE DAY</p>	What felt easier today?

WEEK ONE Reflectio

Biggest win from this week?

What felt hard?

What surprised me?

What habit felt easiest?







What habit felt easiest?

What habit needs work?

**DAILY
FOCUS**

JUNE 8







JUNE 9

 <p>MOVE & EXPLORE</p>	Walk and track your steps, let's aim for 5,000 today.	Strength training.
 <p>FUEL</p>	Focus on protein today, fill your plate with protein first.	Reduce inflammatory foods today, like flour, sugar or dairy.
 <p>MINDSET</p>	Write your favorite summer memory.	List 10 things you're grateful for.
 <p>JOY</p>	Find 15 quiet minutes to sit and reflect.	Take photos outside to capture the beauty of June.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What did you learn about yourself today?	What are you grateful for today?

**DAILY
FOCUS**

JUNE 10

JUNE 11

 <p>MOVE & EXPLORE</p>	Visit a farmer's market and walk around.	Stretch or try a yoga video on demand.
 <p>FUEL</p>	Notice true hunger signals versus boredom.	Pack a lunch filled with your summer favorites.
 <p>MINDSET</p>	Write a letter to your younger self.	Write down 5 things you still want to do.
 <p>JOY</p>	Watch sunset.	Laugh out loud. Hard.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What helped you move forward today?	What choice are you glad you made today?

**DAILY
FOCUS**

JUNE 12

JUNE 13

 <p>MOVE & EXPLORE</p>	Walk around a lake, reservoir, or scenic area. Try and get 1,000 steps farther today.	Strength training.
 <p>FUEL</p>	Hydrate focus.	Whole food focus.
 <p>MINDSET</p>	Where are you making progress?	What does healthy mean to YOU?
 <p>JOY</p>	Find an outdoor free concert.	Do something creative.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What was your favorite moment today?	What made today a good day?

**DAILY
FOCUS**

JUNE 14

 <p>MOVE & EXPLORE</p>	Garden, yard work, or outdoor chores.
 <p>FUEL</p>	Simple repeatable meals.
 <p>MINDSET</p>	Write about someone who inspired you.
 <p>JOY</p>	Visit a farmer's market and sample everything.
 <p>WATER</p>	How many glasses?
 <p>WIN OF THE DAY</p>	What are you celebrating today?

WEEK TWO Reflectio

Biggest win from this week?

What felt hard?

What surprised me?

What habit felt easiest?







What habit felt easiest?

What habit needs work?

**DAILY
FOCUS**

JUNE 15







JUNE 16

 <p>MOVE & EXPLORE</p>	Stretching and practice improved mobility.	Walk with a friend or family member, get 7,500 steps.
 <p>FUEL</p>	Focus on eating intentionally.	No snacking after 6:00 PM.
 <p>MINDSET</p>	Write down your strengths.	Describe your perfect summer day.
 <p>JOY</p>	Read on the patio.	Call a friend you haven't talked with in a while.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What did you accomplish today?	What felt different today?

**DAILY
FOCUS**

JUNE 17







JUNE 18

 <p>MOVE & EXPLORE</p>	Strength training.	Explore a nature trail.
 <p>FUEL</p>	Let's skip all snacking today.	Hydrate. Hydrate. Hydrate. Add lemon to your water.
 <p>MINDSET</p>	What would your future self, thank you for?	Where are you already feeling stronger?
 <p>JOY</p>	Take a scenic drive.	Crank that summer music and dance like no one is watching.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What did you enjoy today?	What momentum did you build today?

**DAILY
FOCUS**


JUNE 19

JUNE 20

 <p>MOVE & EXPLORE</p>	Stretching for 15 minutes and practice balance.	Take a walk while listening to your favorite music.
 <p>FUEL</p>	Eat more slowly, put your fork down after every bite.	Try eating only in an 8-hour window.
 <p>MINDSET</p>	Write down 5 things you're proud of.	Spend 10 minutes outside with no phone.
 <p>JOY</p>	Do something playful.	Waken early and catch the sunrise.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What was your comeback moment today?	What made you smile today?

**DAILY
FOCUS**

JUNE 21

 <p>MOVE & EXPLORE</p>	Strength training.
 <p>FUEL</p>	Prep food for next week.
 <p>MINDSET</p>	Reflect on where you have improved these last 3 weeks.
 <p>JOY</p>	Take yourself on a date.
 <p>WATER</p>	How many glasses?
 <p>WIN OF THE DAY</p>	What are you most proud of today?

WEEK THREE Reflectio

Physically I feel:

Mentally I feel:







What is changing?



**DAILY
FOCUS**

JUNE 22







JUNE 23

 <p>MOVE & EXPLORE</p>	Watch a sunrise, then take a walk. Work to hit 10,000 steps today.	Stretching and mobility.
 <p>FUEL</p>	Protein first.	Hydration.
 <p>MINDSET</p>	Write about a challenge you've overcome.	Create a summer bucket list.
 <p>JOY</p>	Attend a street fair.	Start a hobby you've been putting off.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	Celebrate your win for the day!	What was your comeback moment today?

**DAILY
FOCUS**

JUNE 24







JUNE 25

 <p>MOVE & EXPLORE</p>	Explore a mountain town or scenic downtown area.	Strength training day. Can you top your best?
 <p>FUEL</p>	Try a new whole foods recipe.	Notice evening eating habits.
 <p>MINDSET</p>	Try 5 minutes of meditation.	Write about what brings you peace.
 <p>JOY</p>	Visit a garden.	Do something spontaneous.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What gave you energy today?	What are you celebrating today?

**DAILY
FOCUS**

JUNE 26

JUNE 27

 <p>MOVE & EXPLORE</p>	Walk, let's aim for 10,000 steps again today. Every day get a block farther!	Stretching and balance.
 <p>FUEL</p>	Protein, with farm to table side dishes.	Whole food day.
 <p>MINDSET</p>	List people who make your life better.	Read something inspiring.
 <p>JOY</p>	Stay up late and watch the stars.	Laugh more.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What was today's bright spot?	What are you grateful for today?

**DAILY
FOCUS**

JUNE 28

 <p>MOVE & EXPLORE</p>	<p>Take a short hike or nature walk.</p>
 <p>FUEL</p>	<p>Prep for next week, July is coming.</p>
 <p>MINDSET</p>	<p>Write about the life you're building.</p>
 <p>JOY</p>	<p>Lay in the grass and watch the clouds.</p>
 <p>WATER</p>	<p>How many glasses?</p>
 <p>WIN OF THE DAY</p>	<p>What choice are you glad you made today?</p>

WEEK FOUR Reflectio

What am I most proud of?

What habits stay?

What needs work?







*Progress today.
Stronger tomorrow.* 

**DAILY
FOCUS**

JUNE 29

JUNE 30

 <p>MOVE</p>	Strength training day. Bring your beast!	Choose your favorite movement activity from your childhood, do that!
 <p>FUEL</p>	Squeeze lemons for a fresh treat (I use Splenda, no sugar).	Reflect back on your month of fueling your body, how'd you do?
 <p>MINDSET</p>	List things that make you laugh.	How do you want to feel in July?
 <p>JOY</p>	Plan a future adventure.	Celebrate your comeback.
 <p>WATER</p>	How many glasses?	How many glasses?
 <p>WIN OF THE DAY</p>	What made today a good day?	What are you celebrating today?

CLOSING OUT JUNE



Look how far you've come!

Before June, I felt:

Now I feel:

Biggest win this month:

Biggest lesson this month:

One promise I'm making myself next:

PREPARE FOR JULY

We're not starting over.

We're building forward.

What worked in June?

What do I want more of?

What do I want less of?

My 3 goals for July:

1. _____
2. _____
3. _____

MY FOCUS FOR JULY

- Strength
- Sleep
- Inflammation
- Nutrition
- Mindset
- Joy
- Adventure
- Other: _____



FINAL REFLECTION

Biggest win:

Biggest lesson:

How do I want July to feel?

What promise am I making myself next?

