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◆ ZENOVA WELLNESS ◆

# Weekly Reset Planner

*Design your week. Reflect with intention. Reset and rise.*

— by Zenova Wellness

*"Every Monday is a new beginning. Every Sunday is a gift of perspective."*

**Name:** [Your Name]

**Week of:** [Week of]

**Week # of Year:** 27

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Intentional weeks don't happen by accident — they are designed. This planner is your personal space to step back from the noise, tune into what truly matters for your wellbeing, and move through each day with clarity and purpose. When you take even a few quiet minutes to plan and reflect, you create the difference between a week that *happens to you* and a week you actively shape. You deserve that difference, [Your Name].

Each week offers you a fresh opportunity to reset — not because last week was a failure, but because growth is a practice, not a destination. Inside these pages you'll find space to look back with honesty, look forward with intention, and track your progress with compassion. Your wellness journey is uniquely yours. This planner is simply here to support it.

A "reset" in the Zenova sense is not about starting over from zero or judging the week that passed. It is about **realignment** — coming back to what matters, releasing what doesn't, and consciously choosing how you want to show up. A reset acknowledges that life is dynamic, and your wellness practice should be too. You are not behind. You are right where your practice needs you to be.

**"The goal is not to have a perfect week. It's to have an intentional one."**

— *Zenova Wellness*

Every Zenova weekly reset is anchored in four pillars. Together, they form a rhythm that may support your momentum over time — not through pressure, but through practice:

### **Reflect**

Before you can move forward intentionally, you benefit from understanding where you've been. Reflection helps you notice patterns — what fueled you, what drained you, and what your body and mind are asking for. It is not judgment; it is honest, compassionate awareness.

### **Prioritize**

Not every task or goal carries equal weight for your wellbeing. Prioritizing means choosing — deliberately and without guilt — what receives your energy this week. When your top priorities are clear, every small decision becomes easier to make in alignment with them.

### **Prepare**

A moment of preparation can transform a chaotic week into a grounded one. Preparing means setting up your environment, your schedule, and your mindset so that your healthy choices become the path of least resistance. You are not leaving your wellness to chance.

 **Protect**

Protecting your energy is an act of self-respect. It means identifying what nourishes you and creating space for it, while gently setting boundaries around what depletes you. Your wellbeing is worth protecting — every single week.

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 Sunday Reset — Looking Back

## Before You Step Into a New Week — Look Back

*Complete this section on Sunday evening, before your new week begins. Give yourself a quiet moment — no rushing, no judgment. Just honest, kind reflection.*

**Week being reviewed:**

### Wellness Ratings — Past Week

*Circle or write your rating from 1 (very low) to 10 (excellent) for each dimension:*

Energy	Sleep	Mood	Focus	Hydrati on	Stress Level*	Nutriti on	Movem ent	Overall

*\*For Stress Level, 1 = very low stress and 10 = very high stress.*

## Reflection Prompts


<b>a. The biggest win I had this week (wellness or otherwise):</b>	
<b>b. One moment I felt truly well this week:</b>	
<b>c. The biggest challenge I faced this week:</b>	
<b>d. Something I wish I had prioritized differently:</b>	
<b>e. What drained my energy most this week:</b>	
<b>f. What gave me the most energy or joy:</b>	

Question	Response	Notes
g. Did I take my supplements consistently?	Y / Mostly / No	
h. Did I hit my hydration goal most days?	Y / Mostly / No	

i. Movement This Week	
Days active ___ / 7	Types of movement:

j. Sleep Quality This Week		
Average Bedtime:	Average Wake Time:	Average Hours:

Reflection	Your Response
<b>k. One word to describe how I felt this week overall:</b>	

Reflection	Your Response
l. One thing I am proud of myself for: 	
m. One thing I want to do differently next week:	

## Monday Reset — Looking Ahead

### Step Into Your Week With Intention

*Complete this section on Sunday evening or Monday morning. This is your intentional launch into a purposeful week.*

**Week:**

 **My word / theme for this week:**

### My Top 3 Wellness Priorities This Week

**1.**

**Priority:**

**Why it matters:**

**2.**

**Priority:**



**Why it matters:**

**3.**

**Priority:**

**Why it matters:**

### My Non-Negotiable Daily Wellness Practices This Week

Practice	My Commitment for This Week
 <b>Morning:</b>	I will
 <b>Movement:</b>	I will
 <b>Hydration:</b>	I will drink _____ oz daily
 <b>Supplements:</b>	I will take _____ at _____ and _____ at _____
 <b>Sleep:</b>	I will aim to be in bed by _____
 <b>Evening:</b>	I will

Intention Setting	Your Response
One thing I am <i>releasing</i> going into this week:	
One person who will support my wellness this week:	
How I will celebrate showing up for myself this week: 	

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*Use this grid to design your ideal week before it begins. A planned week is an empowered week.*

Day	Planned Movement	Meals / Nutrition Focus	Supplement Timing	Hydration Goal (oz)	Key Task / Priority	Self-Care Practice	Bedtime Goal
 Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
 Sun							

Weekly Totals:

Total planned active days:

Total self-care moments planned:

*A quick daily record — fill in each evening to capture how your day felt. One line, one day, one moment of reflection.*

Day	Date	Morning Energy (1–10)	Evening Mood (1–10)	Water (oz)	Movement Y/N	Supplements Y/N	Sleep Hrs	One Word	Notes
 <b>Mon</b>	Jul 6								
<b>Tue</b>	Jul 7								
<b>Wed</b>	Jul 8								
<b>Thu</b>	Jul 9								
<b>Fri</b>	Jul 10								
<b>Sat</b>	Jul 11								
 <b>Sun</b>	Jul 12								

 Wednesday Wellness Check-In

**You're halfway through your week. Pause. Breathe. Assess.**



*You don't have to be perfect. You just have to be honest with yourself — and then keep going.*

Check-In Question	Your Response
Am I on track with my top 3 priorities?	Y / Partially / No

Check-In Question	Your Response
What needs adjusting for the second half of the week?	
My energy level mid-week: (1–10)	
My stress level mid-week: (1–10)	
One thing I can do TODAY to support my wellbeing:	
♥ Reminder to self this week:	

 Weekly Supplement  
&  
Hydration Tracker

Use checkmarks (✓) or Y/N. Consistency is the goal — not perfection.

Day	Morning Supplement s ✓	Evening Supplement s ✓	Water Goal Met ✓	Electrolytes ✓	Notes
 Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
 Sun					
Totals	/7	/7	/7	/7	


Overall Adherence Rate this week:

%

*Tip: Total ✓ marks ÷ 28 possible × 100*

## Weekly Movement Log

*Movement is medicine — in whatever form it takes for you. Log every form of movement, from a walk around the block to a full workout session.*

Day	Activity	Duration	Intensity (Light / Moderate / Intense)	Energy Before (1– 10)	Energy After (1– 10)	Notes
 <b>Mon</b>						
<b>Tue</b>						
<b>Wed</b>						
<b>Thu</b>						
<b>Fri</b>						
<b>Sat</b>						
 <b>Sun</b>						

Weekly Movement Summary:

Total days active:

Total minutes:

Favorite workout this week:



## Weekly Nutrition Focus

*This is not a food diary — it's a mindful awareness log. No calorie counting, no judgment. Simply notice what you nourish your body with and how it responds.*

Day	One Nourishing Choice I Made	One Area to Improve	Hydration (1–10)	How My Body Felt
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



## Weekly Nutrition Reflection

What nutrition pattern do I notice this week?





## Weekly Stress

&

## Nervous System Snapshot

*Awareness is the first step to regulation. Track your stress patterns and notice what tools most effectively support your nervous system throughout the week.*

*Regulation tools may include: deep breathing, walk, journaling, cold water, music, meditation, stretching, talking to someone, time in nature, rest, etc.*


Day	Stress Level AM (1-10)	Stress Level PM (1-10)	Regulation Tool Used	Notes
 <b>Mon</b>				
<b>Tue</b>				
<b>Wed</b>				
<b>Thu</b>				
<b>Fri</b>				
<b>Sat</b>				
 <b>Sun</b>				

Weekly Average Stress Level:

/10

Most Effective Regulation Tool This Week:

 Weekly Wisdom — What This Week Taught Me

*"You don't have to earn rest. You don't have to justify gentleness. You just have to show up for yourself— again and again." *

Reflection Prompt	Your Response
Something about myself I discovered or confirmed this week:	
A belief about my wellness I am choosing to reinforce:	
A habit I am building — and the evidence I saw of it this week:	
 The self-compassion note I needed to hear this week:	
If I could give my next-week self one piece of advice:	

**Overall Week Rating:**

/ 10

 This Week's Wins Wall

 **This Week's Wins**


*A win is a win. Own it, [Your Name]. Every single one.*

 Big Wins:

 Surprise Wins:



 Small Wins:

 The Win I Almost Didn't Count:

**"A win is a win. Own it." — Zenova Wellness **

 **Carry-Forward Notes — Bridge to Next Week**

*You've done the work. Now carry the best of this week forward — intentionally, not accidentally.*

Reflection	Your Notes
<b>1. Three things I want to carry into next week:</b>	1. 2. 3.
<b>One habit I am leveling up:</b>	
 <b>One area I am giving myself grace:</b>	
 <b>My intention for Sunday's reset:</b>	

**You showed up for yourself this week, [Your Name].**

*That is the practice. That is the victory. See you next Monday — ready to reset and rise.*

◆ ZENOVA WELLNESS ◆ | [Week #] | [Location]

**Disclaimer:**

This planner is for personal wellness use only and does not constitute medical advice. The content within is intended to support personal reflection, awareness, and healthy habit tracking. It is not intended to diagnose, treat, cure, or prevent any medical condition. References to supplements, movement, hydration, and other wellness practices are for informational and personal-use purposes only. Individual results and experiences may vary. Consult a qualified healthcare professional for any health concerns before making significant changes to your diet, supplement routine, or exercise program. Zenova Wellness is not liable for decisions made based on information recorded in this planner.

Zenova Wellness — Weekly Reset Planner | Week of [Week of] | Prepared for: [Your Name] | For personal use only. May be reprinted weekly.