



FREE ME FITNESS

THE FREE ME RESET

MOVE • FUEL • FOCUS • RESET

**THE 30-DAY
ADHD-FRIENDLY
WELLNESS &
NUTRITION
WORKBOOK**



A practical companion combining daily focus, accessible fitness, simple meal planning, and recipes inspired by 21 Days of Good Gut Health.

Created by Bryant Robinson | Free Me Fitness

freemefitness.com

START HERE

Welcome to your Free Me Reset

You do not need a perfect diet, an elaborate morning routine, or a flawless streak. This workbook is for **busy women who want wellness to feel more manageable--especially when attention, planning, and getting started are difficult.**

This edition brings together the 30-day Free Me Reset Journal and practical nutrition ideas adapted from **Bryant Robinson's 21 Days of Good Gut Health eBook.**

Your free workouts are the foundation. The journal and meal pages are optional tools to help you prepare, follow through, and begin again.

A note on health claims

The original gut-health eBook discusses liver, parasite, heavy-metal, and Candida "cleanses." Those are not established self-treatment approaches. This updated workbook focuses instead on everyday nutrition, food safety, movement, sleep, and realistic routines. It does not claim to detoxify organs, eliminate parasites, repair the intestinal lining, or treat ADHD. Seek appropriate medical evaluation for suspected infections, persistent digestive symptoms, or other health concerns.

How to use this book

- Choose one simple meal or snack to repeat this week.
- Use the grocery and prep pages to reduce decision fatigue.
- Complete one daily journal page in 3-5 minutes.
- Join a free workout or use a reply whenever it fits your schedule.
- Skip pages you do not need You never have to catch up.



DAY 01 | MY DAILY RESET

Progress, not perfection. One small win counts.

Date: _____ Energy: Low / Medium / High
Today I feel: ☐ Calm ☐ Busy ☐ Tired ☐ Motivated ☐ Other

My ONE priority today

Four wellness wins (check any that fit)

- ☐ MOVE — I moved my body in a way that works for me.
- ☐ FUEL — I ate or prepared something nourishing.
- ☐ FOCUS — I took one small step on my priority.
- ☐ RESET — I gave myself a moment to rest or recharge.

The first tiny step I can take

Today's gentle prompt: What would make starting easier today?

One thing I am proud of today

Missed a day? No need to catch up. Simply begin again.