7-Day Strength & Stewardship Reset

A simple, sustainable plan for adults

"Commit your work to the Lord, and your plans will be established." — Proverbs 16:3

Who This Is For

Adults who want a realistic, faith-informed plan for building strength, supporting metabolism, and creating consistency — without overwhelm.

What You'll Do for 7 Days

- Three short strength sessions (20–30 minutes each)
- Daily walking or gentle movement (10–30 minutes)
- Protein-first meals using a simple plate approach
- A two-minute daily "Temple Check" for intention and focus
- Small, practical steps for sleep and stress support

Three Helpful Shifts

Build strength, not just burn calories. Strength training supports how your body uses energy and helps maintain independence.
Steady nourishment over restriction. Consistent protein and balanced meals tend to work better than skipping meals.
A clear plan helps. Simple structure makes it easier to follow through.

7-Day Schedule

Day	Strength	Movement	Nutrition Focus	Temple Check
Day 1	Workout A	10–20 min walk	Protein at breakfast	Set your intention
Day 2	—	20–30 min walk	Hydration + balanced plate	Gratitude + breathe
Day 3	Workout B	10–20 min walk	Protein at every meal	Speak life over your body
Day 4	—	20–30 min walk	Add fiber (veggies or fruit)	Release stress
Day 5	Workout C	10–20 min walk	Plan tomorrow's meals	Honor your limits
Day 6	—	20–30 min walk	Consistent meal rhythm	Reflect + reset
Day 7	Recovery	Easy walk + stretch	Protein + water	Celebrate progress

The Workouts

Workout A: Lower Body + Core (20–30 min)

Warm-up: March in place (1 min), shoulder rolls (1 min)

- Sit-to-Stand: 2–3 sets of 8–12 reps
- Supported Mini Squats: 2–3 sets of 10–12 reps
- Glute Bridge: 2 sets of 10–12 reps
- Dead Bug (modified): 2 sets of 6–10 reps/side

Cool-down: Deep breathing (2 min)

Workout B: Upper Body + Posture (20–30 min)

Warm-up: Arm swings (1 min), wall angels (1 min)

- Wall Push-Ups: 2–3 sets of 8–12 reps
- Row (band or light dumbbells): 2–3 sets of 10–12 reps
- Overhead Press (light): 2 sets of 8–10 reps
- Farmer Carry (light): 3 × 30 seconds

Cool-down: Chest stretch + deep breathing

Workout C: Full Body + Balance (20–30 min)

Warm-up: Heel taps (1 min), hip circles (1 min)

- Step-Back Taps: 2–3 sets of 10 reps/side
- Hip Hinge (light dumbbell): 2–3 sets of 8–12 reps
- Standing Heel Raises (hold chair): 2 sets of 12–15 reps
- Heel-to-Toe Walk (assisted): 3 passes

Cool-down: Stretch calves and hamstrings + breathe

Nutrition: Simple & Sustainable

Protein (priority): eggs, chicken, fish, Greek yogurt, cottage cheese, lean beef
Color: vegetables and fruit daily
Smart carbohydrates: oats, rice, potatoes, fruit (adjust based on activity)
Healthy fats: olive oil, avocado, nuts
Simple guidelines for the week

- Include protein at breakfast.
- Aim for steady fuel rather than skipping meals.

Temple Check (About 2 Minutes)

- Ask: “What does my body need today?”
- Choose one action: a workout, a walk, a protein-focused breakfast, or an earlier bedtime.
- Reflect: “Lord, help me steward my body with wisdom and discipline.”

Important Notes

Body Temple VA provides fitness and wellness coaching and education. We do not diagnose, treat, or prescribe. This guide is for educational purposes only.

For personalized plans and coaching support, visit bodytemplevaschedule.as.me

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” — 3 John 1:2