

# 4-Week Midlife Reset Program

Price: \$97

Bring symptoms, routines, food, sleep, and reflection into one month-long reset you can follow.

## What is inside

- 4 weekly reset themes
- Weekly planning pages
- Daily check-in sheets
- Food, sleep, stress, and movement reflections
- Progress reviews at the end of each week
- Closing plan for what to keep going

## How to use it

- Set aside time once a week to review the workbook.
- Use the daily check-in pages to keep your notes short and useful.
- Choose one focus each week instead of trying to fix everything at once.
- Use the final pages to keep the habits that actually helped.

## What this helps you do

- Rebuild a daily rhythm over one month
- Track several symptoms in one place
- See what supports you instead of guessing
- Finish with a plan you can keep using

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Prepared for Balanced Feminine Path. This preview outlines the digital product content and structure shown on the website sales page.