

🌱 10-Day Lifestyle Starter Plan

For Busy Professionals (30+)

By HealthCoachRishi

Goal: Build strong foundations for fat loss, energy, gut health & stress control — without extreme dieting.

✓ How to Use This Plan

- Focus on **progress, not perfection**
 - Takes **30–45 minutes total/day**
 - No gym required
 - Repeat after Day 10 if needed
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10 DAY-BY-DAY PLAN

DAY 1 – RESET & AWARENESS

Morning

- Drink **500 ml warm water** after waking
- 5 deep belly breaths

Food Focus

- Eat **3 proper meals** (no skipping)
- Add **1 fruit** today

Movement

- 15–20 min relaxed walk

Mindset

- Write 1 reason *why* you want better health
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DAY 2 – HYDRATION & DIGESTION

Morning

- Warm water + pinch of salt / lemon

Food Focus

- Add **1 bowl of vegetables** (lunch or dinner)
- Eat slowly (20 chews per bite)

Movement

- 5 min mobility + 10 min walk

Habit

- No phone while eating

DAY 3 – PROTEIN FOUNDATION

Food Focus

- Add protein in every meal
(eggs / paneer / dal / curd / tofu / chicken / fish)

Movement

- 20 squats
- 10 wall push-ups
- 30 sec plank × 2

Sleep

- Fix a **consistent sleep time**

DAY 4 – SUGAR & SNACK CONTROL

Rule

- No packaged snacks today

Swap Ideas

- Fruit + nuts

- Curd + seeds
- Boiled eggs / roasted chana

Movement

- 25 min walk (post-dinner if possible)

Mindset

- Notice cravings without judging yourself
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DAY 5 – GUT & ENERGY DAY

Food Focus

- Add **curd / buttermilk / fermented food**

Morning

- Sunlight exposure for 5–10 min

Movement

- Stretching + walking (20–30 min)

Sleep

- No screens 30 min before bed
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DAY 6 – STRENGTH BASICS

Workout (15–20 min)

- Squats × 20
- Push-ups × 10
- Glute bridges × 20
- Plank × 30 sec
(2 rounds)

Food Focus

- Eat dinner **2–3 hrs before bed**

Mindset

- Strong body = healthy metabolism

DAY 7 – STRESS RESET

Morning

- 5 minutes slow breathing or prayer

Food Focus

- Eat home-cooked meals only

Movement

- Light walk or yoga

Reflection

- What changed in your body & mood?

DAY 8 – PORTION AWARENESS

Rule

- Eat till **80% full**

Plate Method

- ½ veggies
- ¼ protein
- ¼ carbs

Movement

- 30 min walk

DAY 9 – CONSISTENCY DAY

Repeat

- Best habits from Days 1–8

Workout

- Strength or brisk walk (20–30 min)



Mindset

- Consistency beats intensity
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DAY 10 – REVIEW & NEXT STEP

Assess

- Energy levels
- Sleep quality
- Digestion
- Cravings

Celebrate

- You showed up for 10 days 🎉

Next Step

“If 10 days can do this... imagine 90 days with guidance.”

🎯 BONUS RULES (Very Important)

- ✓ No extreme diets
 - ✓ No guilt if you miss a day
 - ✓ Focus on habits, not weight
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This is just the foundation.

For fat loss, hormone balance & disease-free living →

DM “START” to HealthCoachRishi on Instagram
