

# 7 10-Day Lifestyle Starter Plan

For Busy Professionals (30+)

By HealthCoachRrishi

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

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## ✓ 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



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- 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

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## DAY 3 – PROTEIN FOUNDATION



### Food Focus

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

### Movement

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

### Sleep

- Fix a **consistent sleep time**

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## 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



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- 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

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## 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?

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## DAY 8 – PORTION AWARENESS

### **Rule**

- Eat till **80% full**

### **Plate Method**



- $\frac{1}{2}$  veggies
- $\frac{1}{4}$  protein
- $\frac{1}{4}$  carbs

### **Movement**

- 30 min walk

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## 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

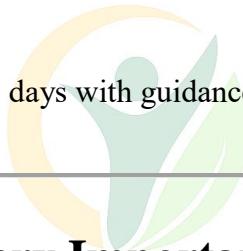
### Celebrate

- You showed up for 10 days 🎉

### Next Step

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

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## ⌚ 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 HealthCoachRrishi on Instagram**

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