

30-Day Gentle Plan

days 1–10

One line a day. Rest days shaded. No catching up.

Day 1

Day 2

Day 3 — rest

☐

Day 4

Day 5

Day 6

Day 7 — rest

☐

Day 8

Day 9

Day 10 — rest

☐

30-Day Gentle Plan

days 11–20

Day 11

Day 12

Day 13

Day 14 — rest

☐

Day 15

Day 16

Day 17 — rest

☐

Day 18

Day 19

Day 20

30-Day Gentle Plan

days 21–30

Day 21 — rest

☐

Day 22

Day 23

Day 24 — rest

☐

Day 25

Day 26

Day 27

Day 28 — rest

☐

Day 29 — tick the Protocol

Day 30 — write your own

☐ Days skipped

Restarted on day