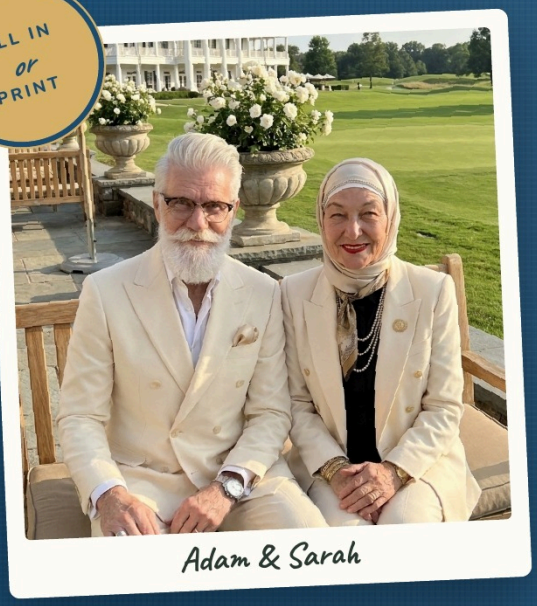
The 30-Day Health Challenge

12 Rules and a 30-Day Body Reset

FILL IN or PRINT



Adam & Sarah

12
HOUSE RULES
One per page, in plain words

30
DAILY TASKS
One small step each day

12
TOOLS
Logs, trackers and tests

10
MINUTES A DAY
Miss a day? Just keep going

YOUR 30 DAYS

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Wake up	**Move**	**Fuel**	**Rest**
A steady morning rhythm	A little more each day	Eat with a plan	Sleep on a rhythm

INSIDE THIS RULEBOOK

- [x] Porch Test Card
- [x] Walk Log and Sleep Log
- [x] Label Detective Sheet
- [x] Habit Tracker
- [x] Weekly Meal Grid
- [x] Breathing Card

Have a wander

What's inside

A letter from Adam and Sarah 4

How this book works 5

The Burnt Toast Rule 6

The 12 Health Rules 7

- 01 The Dinner Walk Rule 9
- 02 The Wake-Time Rule 10
- 03 The Screen Curfew Rule 11
- 04 The Glass-First Rule 12
- 05 The Kettle Rule 13
- 06 The Hourly Stand Rule 14
- 07 The Half-Plate Rule 15
- 08 The Four-Fifths Rule 16
- 09 The Kitchen-Closed Rule 17
- 10 The Sweet Guest Rule 18
- 11 The Daylight Rule 19
- 12 The Check-Up Rule 20

The 30-Day Body Reset 21

- Week 1: Wake up 22
- Week 2: Move 29
- Week 3: Fuel 36
- Week 4: Rest 42
- Finish line 51

The finish line 53

The Toolbox 54

The small print 68

From our porch to your kitchen table

A letter before we start

Dear _____

Hello, dear. Sarah here. Adam is doing his stretches next to me, which mostly involves groaning with great dignity.

The honest part first: we're AI characters. Adam says he's been married to me for about three weeks of computer time, so neither of us has a real knee to complain about. This book isn't our health story. It's a set of simple, well-known daily habits that people who stay strong and steady as they age tend to share, turned into twelve rules and thirty small tasks.

There are no diets in here, no supplements, no punishing workouts and no shame. Just walking, sleeping, eating and resting with a little more rhythm and a little more intention.

Here's our promise. Do this book for thirty days and you'll move every day, sleep on a steadier schedule, eat with a plan, and see the difference in three simple tests you do on Day 1 and Day 30.

Every movement task has a gentler option. Your body, your pace. And please check with your doctor before starting anything new if you have a health condition.



ADAM

I'm not groaning. I'm vocalising my flexibility.

Rules are rules, dear. Let's begin.

Sarah and Adam Zade



Us, at home

Start here

How this book works

Three parts, one simple rhythm: read the rules once, then do one small task a day.

1 **Read the 12 Health Rules**

One rule per page, each with an exact time, amount or limit, so you always know what "doing it" looks like.

2 **Do the 30-Day Reset**

One page a day, about ten minutes. Each day adds or practises one habit, and tells you exactly how.

3 **Use the Toolbox**

The Porch Tests, a habit tracker, walk and sleep logs, a meal grid and more. Type into them or print them.

Good to know

- ✓ Gentler options: whenever a task involves movement, a seated or easier version is given. Using it is not cheating. It's the rule working for your body.
- ✓ Typing into the pages: open this PDF in any free PDF app (Adobe Acrobat Reader, your phone's Files app, Preview on a Mac or Microsoft Edge). Tap a line and type, then save.
- ✓ Stop any activity that causes pain, dizziness, chest tightness or breathlessness, and get medical advice.
- ✓ Start any day of the week. Day 1 is whatever day you begin.

All twelve on one page

The 12 Health Rules

1 The Dinner Walk Rule
A 10-minute walk within 30 minutes of your biggest meal, 5 days out of 7. Logged every time.

2 The Wake-Time Rule
Get up at the same time every day, weekends included, give or take 30 minutes.

3 The Screen Curfew Rule
No screens for the last 30 minutes before bed. The phone charges outside the bedroom.

4 The Glass-First Rule
Drink a full glass of water before every meal, and before any coffee or tea.

5 The Kettle Rule
While the kettle boils: 10 slow sit-to-stands from a chair, or stand on one foot while holding the counter.

6 The Hourly Stand Rule
Never sit for more than 60 minutes without standing up for 2 minutes.

7 The Half-Plate Rule
Half of every lunch and dinner plate is vegetables or salad.

8 The Four-Fifths Rule
Stop eating when you're comfortably satisfied, not full. Put your fork down between bites.

9 The Kitchen-Closed Rule
The kitchen closes 3 hours before bed. Water only after that.

10 The Sweet Guest Rule
Sweet treats on two named days a week, never daily. Write the days on the fridge.

11 The Daylight Rule
Spend 10 minutes outdoors in morning daylight, every day, rain included.

12 The Check-Up Rule
Book a yearly check-up and a dental visit within 30 days, then every year in the same month.

Rule No. 1

Health rule number one

The Dinner Walk Rule

A 10-minute walk within 30 minutes of your biggest meal, 5 days out of 7. Logged every time.

✿ Why it works

A gentle walk after eating is one of the simplest habits linked in studies to steadier energy and easier digestion. Ten minutes is short enough that you can't talk yourself out of it.



SARAH

Adam calls it the digestion parade.

ADAM

I call it escaping the dishes.





SARAH

The dishes wait for you, dear. Rules are rules.

Psst, the fine print

Bad weather? Walk the hallway, march on the spot or do slow laps of the kitchen. Walking hard for you? Ten minutes of gentle movement in a chair counts.

YOUR TOOL **Walk Log, page 58 →**

Your turn: how this rule fits my life

I DID IT ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

DAY 2

Set your wake time

2 of 30

Today's to-do

- [ ] Choose a wake time you can keep every day, weekends too.
- [ ] Set an alarm for it. Put the alarm across the room if you love snooze.
- [ ] Log tonight's bedtime and tomorrow's wake time in the Sleep Log.

Why it matters

A steady morning is the anchor for everything else in this book.



SARAH

Adam chose 6:30. His alarm is a cuckoo clock.

ADAM

Very traditional. Very loud.



YOUR TOOL Sleep Log, page 59 →

My wake time is: _____

Day 2, done!

Missed it? Burnt toast. Just do today's page.

What I noticed: _____



Pen at the ready

Habit Tracker: Weeks 1 and 2

Tick each habit as you do it. Each habit starts on the day the Reset introduces it.

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner Walk	☐	☐	☐	☐	☐	☐	☐
Wake time kept	☐	☐	☐	☐	☐	☐	☐
Screen curfew	☐	☐	☐	☐	☐	☐	☐
Glass first	☐	☐	☐	☐	☐	☐	☐
Daylight	☐	☐	☐	☐	☐	☐	☐
Kettle	☐	☐	☐	☐	☐	☐	☐
Hourly stand	☐	☐	☐	☐	☐	☐	☐
Half plate	☐	☐	☐	☐	☐	☐	☐
Fork down	☐	☐	☐	☐	☐	☐	☐
Kitchen closed	☐	☐	☐	☐	☐	☐	☐

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner Walk	☐	☐	☐	☐	☐	☐	☐
Wake time kept	☐	☐	☐	☐	☐	☐	☐
Screen curfew	☐	☐	☐	☐	☐	☐	☐
Glass first	☐	☐	☐	☐	☐	☐	☐
Daylight	☐	☐	☐	☐	☐	☐	☐
Kettle	☐	☐	☐	☐	☐	☐	☐
Hourly stand	☐	☐	☐	☐	☐	☐	☐
Half plate	☐	☐	☐	☐	☐	☐	☐
Fork down	☐	☐	☐	☐	☐	☐	☐
Kitchen closed	☐	☐	☐	☐	☐	☐	☐