

# 7 DAY RESET

Get started now on the ultimate fat burning, energizing, transforming week of your life!

This easy to follow, momentum building 7 day reset program is created for you by fitness expert Michele Vaughan, professor of kinesiology, personal trainer and founder of Beyond Fitness.





# ABOUT YOU

Are there certain areas on your body that just won't let go of extra weight? Have you tried everything, but can't get the body you want? Fed up with not being able to get the weight off? Does this sound like you?

If you are like so many of the men and women I work with, you've said these exact types of things out loud or to yourself before. The truth is it's not your fault. The problem is the typical mainstream diets and workout programs don't work. Personal fitness is not a one-size-fits-all situation.

It's time to get the real answers, burn fat faster than you ever thought possible, and tone up those pesky areas like stomach, glutes, and thighs.

Everyone needs a coach and mentor for guidance. It goes for financial planning and business coaching, so why not your health? You wouldn't hire a broke financial advisor, would you?

So hire a coach that has been through it too, who can help you get the body you deserve, and to live the life of your dreams! I am going to share how I've helped countless men and women finally achieve these goals.





# ABOUT ME



Hi! I'm Michele Vaughan, and I believe all of us are capable of living extraordinary lives through health and fitness. As a fitness expert with a Master of Science in Physical Education and a former professional dancer and choreographer (New York and Seattle), I bring a keen awareness of how to inspire, motivate, and challenge you to take yourself to the next level and reach your goals in a dynamic yet sustainable way.

But I didn't start out with all of this awareness: I know what it feels like to be trapped in that cycle of doom and gloom. I was very overweight in college. I tried every diet and exercise program out there, only to revert right back to my old ways.

Depression and self-loathing left me with little to no confidence or self-esteem. I wore baggy clothes to cover up my body. I avoided social events because I didn't want people talking about me. I never went to the pool or the beach because I was too embarrassed. I wanted so badly to go shopping with my friends but certainly didn't want to go to the dressing room with those skinny bitches!

So, what happened? How did I turn it around?



# BEEN THERE, DONE THAT

Well, I'll tell you! I finally found the right coach to help me eat healthy foods and workout appropriately. I found a support system that motivated me and supported me when I slipped.

I lost body fat, gained muscle, I was never hungry, and I didn't deprive myself. The best part? It changed my life from the inside out. I am happy, confident, and enjoy social events, I don't wear baggy clothes anymore, and I love the beach!

When people say to me, "Michele, you're so lucky to always be in shape! You must have the right genetics," I can't help but laugh so hard my stomach hurts. Because it was never about genetics for me. It was about finding the right person, the person who knew how to help me transform myself. You have found that person now. I've been through it and come out the other side thanks to my coach and it's time for me to pay it forward to you.





A woman in a blue and purple jacket stands on a dirt path next to a red mountain bike. She is looking out over a calm lake at sunset. The sky is filled with soft, golden light, and the trees in the background are silhouetted against the bright horizon. A large, white-barked tree trunk leans over the water on the left side of the frame. The overall mood is peaceful and scenic.

# HOW IT WORKS



# WHY 7 DAYS?

My goal for this program is to make it simple and easy to get started. I am firmly against using many of the foolish methods and techniques that plague people wanting to get in shape, but we can all commit to take on good new habits for just one week. However just because you're only trying this for 7 days doesn't mean you won't get results. In just one week you will burn fat, you will create some new habits, and you will feel stronger, not just physically but mentally as well. Most of all, you'll see how easy it is once you start!

## USE THE MOMENTUM

After one week, with the help of my guidance and your resolve, you will have built a foundation of behavior that carries you to the next level. Why not one more day, one more week, or even the rest of your life? We can and should take life one day at a time, but those days will add up to a healthier lifestyle with better habits. If you fall off the wagon, it's easy to get right back on and reset yourself again with this short, easy-to-follow program. With most training and diet programs, people usually start to plateau and their progress slows after doing the same routine for too long, so I recommend you limit this particular routine to 3 to 4 weeks. Of course I hope that you stick with healthy habits for much longer than that, and I'm here to help you go beyond this program to reach goals you thought you might never reach before!





# THE 4 PILLARS OF FAT LOSS

The following 4 pillars are the foundation of a solid health and weight loss program. This is the missing link for 99% of people in my view. You need to have all the four pillars of fat loss to transform your lifestyle while also being realistic. Developing and maintaining these basic habits and behaviors make getting in shape a piece of cake! We can talk more about cake later... but for now, start with these 4 pillars of fat loss.

**LIFESTYLE**

**NUTRITION**

**SUPPLEMENTS**

**EXERCISE**





# LIFESTYLE

If you don't create the conditions for a healthy lifestyle, none of the habits you're trying to create will stick. You must learn to manage stress and get quality sleep, or these two major factors of getting in shape can be a brick wall stopping you from results. Stress wreaks havoc with our metabolism. Lack of sleep can sap our energy and leave us cranky, confused, and depressed. Turn off all screens at least one hour before bed. Read a good book! It is essential to get a good night's sleep during this program. Aim to go to bed at the same time every night and wake up at the same time. Our bodies like consistency, and you will feel a world of difference.

Some stressors we have no control over, but a lot of them we do. If you are constantly running late, you will be overproducing adrenaline which is not good for many reasons. If you constantly procrastinate, you are also creating unnecessary stress in your life.

On Sundays, try writing out your schedule for the week. Discipline yourself to stick to the schedule. This will free up time and energy for other tasks you enjoy.





# NUTRITION

Arguably the most important part of your body transformation is your nutrition. You need to manage the hormones that facilitate burning fat and give your body the energy it needs. Your diet needs to allow fat to be released and then burned for fuel. It's likely that your current eating habits are not doing this. I've included a simple meal plan with simple guidelines for what to eat and when, what to enjoy, and what to avoid.





# SUPPLEMENTS

Don't waste money on expensive but mostly worthless supplements that plague the sports nutrition stores. Save your money and get only the proven nutrients that aid in body fat loss. A good diet should give you what you need to succeed, with some exceptions. If you are a Vegan or Vegetarian, you will need to take a B-12 supplement. If you do not get outside often, I recommend taking a Vitamin D supplement. Make sure you purchase quality supplements such as PURE Encapsulations (link to Amazon). They do not contain any additives.





# EXERCISE

Eating better and moving more is the combination that works the best for fat loss and improving overall health. You can do one without the other, but doing both accelerates your results. Losing weight is great, but why not also feel better, move better, and have more energy? Doing some sort of movement every day is crucial to longevity, quality of life, and happiness. Now that's what I mean by going beyond fitness!

I have included a simple, easy-to-follow workout plan below. If you have a fitness routine in place, then by all means continue doing it for this program.





A woman with long, curly hair is sitting on a large, light-colored rock. She is wearing a white sports bra with a mesh back and dark purple leggings. Her arms are outstretched horizontally to the sides. The background shows a sunset over the ocean, with a gradient from blue to orange. The text "GET STARTED" is overlaid in white, bold, sans-serif font across the center of the image.

**GET STARTED**



# QUICKSTART GUIDE

## TAKE PHOTOS

Take front, side, and back photos of yourself to use for an assessment tool. Don't worry about weighing yourself. Scales are useless at giving you a good overall picture of progress. Because you will likely put on some good weight from building muscle (which creates even more fat burning ability), the scale won't tell you what you need to know.

## PLAN MENUS

Make it impossible to be tempted by your old bad habits. Go to the pantry and refrigerator. Throw away all highly processed, sugar laden foods, unhealthy snacks, soda, and candy. Put the alcohol away. It is only 7 days: you can do it! Toss out all the foods that will hold your results up. Then go get the foods you need. RIGHT NOW! All the Do's and Don'ts are listed below.

## PREPARE TO COOK

Preparation is the most important part of this 7 Day Reset program. If you can prepare food ahead of time, you will easily stick to it. You won't get stuck not knowing what to eat, and then have the tendency to reach for unhealthy snacks or resort to take-out food. This is one of the most important tasks to start right away.

## PLAN TO TRAIN

Workouts need to come out of the manicure/pedicure category and go into the brush/floss your teeth category! Which means exercise daily! Commit by putting your workouts on your calendar. If you need ideas to get started, I've included a simple 7 day routine that requires no special equipment. I'm here to help on the Facebook group, and of course you can try any of my fun online classes!



# MEAL PLAN SIMPLIFIED

Eat every 3 hours. Simply choose the meals from the 3 macro-nutrients: Proteins, Fats, and Carbohydrates. Follow the portion amounts. Cut out all sugar, starch, bread, rice, and pastas. Drink only water, herbal tea, and black coffee. Stay away from high calorie drinks such as sodas, or diet drinks, juices, or energy drinks.

Remember, it's only 7 days!

## DO'S

- Eat as much leafy greens, vegetables, whole grains, and fresh fruit as you like.
- Eat as much lean meats, poultry, fish, and limited eggs as you like.
- Have 1 Tablespoon of healthy fat at each meal (butter, avocado, olive oil, coconut oil, fish oil, or ghee).
- Drink unsweetened coffee, tea, sparkling water, regular water. We all need half our body weight in ounces every day! (150 lbs equals 75 ounces of water)

## DON'TS

- Eliminate all processed foods, fast foods, sugar, dairy (eggs are not dairy) and alcohol.
- Eliminate all potatoes, rice, pasta, bread, cereals, and other starches.
- Don't eat dinner within 2 hours of bedtime. In fact, don't eat anything within 2 hours of bedtime!



# 7 DAY MEAL GUIDE

Choose meal options from the 3 macro-nutrients: Proteins, Fats, and Carbohydrates

## **Protein:**

1 PALM SIZE PORTION of chicken, beef, salmon, turkey, bison, white fish, or, buffalo

## **Fats:**

2 TABLESPOONS (2 THUMBS) of avocado, fish oil, coconut oil, butter, raw nuts

## **Vegetables:**

1 HANDFUL (FIST SIZE) of kale, broccoli, cabbage, mushrooms, cauliflower, green beans, onion, asparagus, zucchini

Check out my private Facebook group or recipe blog posts for fun recipes!





# 7 DAY EXERCISE PLAN

Let's start out slow, unless you already have a fitness program in place. If you do, you can record all of your current workouts on the form included on the next page. If you are just starting out, then I want you to begin slowly and safely. I have included a simple, do-able plan for the next seven days to get you up and moving. Later in my 6 week program, you will engage in specific workouts. For now, let's keep it simple to get you moving and build those new good habits!

**DAY 1** Walk for 10 minutes. Do 10 Wall Pushups

**DAY 2** Walk for 12 minutes. Do 12 Wall Pushups

**DAY 3** Walk for 15 minutes. Do 15 Wall Pushups

**DAY 4** Walk for 17 minutes. Do 17 Wall Pushups

**DAY 5** Walk for 20 minutes. Do 20 Wall Pushups

**DAY 6** Walk for 22 minutes. Do 22 Wall Pushups

**DAY 7** Walk for 25 minutes. Do 25 Wall Pushups



# YOUR 7 DAY EXERCISE PLAN

If you want to use your own program, print this page to keep track of what you've done. Feel free to post in the [Facebook group](#) to share your ideas, creativity and motivation with the rest of us!

Day	Exercises	Repetitions or Time	Notes
1			
2			
3			
4			
5			
6			
7			





## WHAT'S NEXT?

This 7 Day Reset is just the beginning! According to Psychology Today, it can take up to 90 days to really cement new habits into your way of life. I'm here to support your journey with follow-up programs, my exclusive [Facebook support group](#), and regularly published content in my newsletters and on my Instagram page.

## 6 WEEK BODY TRANSFORMATION

Now that you've seen what you can accomplish in just 7 days, imagine the success you will have in 6 weeks! Use the momentum and knowledge you gained to take it to another level!

In this program, I will give you specific workouts for each week, and specific nutrition plans for your wants, needs, and goals. I check in with you once a week to see if I need to make any necessary changes to your program. Join [my newsletter](#) or like my [Facebook page](#), and you'll be the first to know when its released! Stay safe and stay healthy!



# GOING BEYOND FITNESS

I hope this has you fired up and feeling hopeful! Because trust me, if I can go from an insecure, overweight, unhealthy woman, to a health and fitness expert transforming bodies all over the world, you too can get the body you have always wanted!

You can always find me and the rest of the Rockstars on [my web site](#), [Facebook](#) and [Instagram](#) pages.

B E Y O N D  
FITNESS

MICHELE VAUGHAN

