

7-DAY TOTAL BODY RESET

WORKBOOK



CRISTY "CODE RED" NICKEL

INTRO

Congratulations on joining the Code Red 7-Day Total Body Reset!

Over the next seven days together, we're gonna give your body and mind a quick reset without using detox pills or powders, cleanses, or any other strange detox regimens you've been told you need. Your body detoxifies NATURALLY when you take the simple steps we'll talk about in this 7-Day Reset.

Here's how the 7-Day Total Body Reset works.

Every day of the reset, you're going to do the following:

1. **Get on the scale every morning.** Get up, go potty, strip down naked, and weigh yourself. I recommend a digital scale, because digital scales show tenths of a pound. This is to show you what effect the Code Red way of detoxifying has on your weight.
2. **Drink a gallon of water every day.** Water is your body's greatest ally when it comes to detoxifying. In the Reset you'll learn exactly why that is.
3. **Track your sleep.** Ideally you'll use a sleep tracker, but at the very least, pay attention to what time you're about to fall asleep (not get in bed - the time you actually fall asleep) and what time you get up in the morning.

Record your weight, water, and sleep for each day on that day's page in your 7-Day Reset Workbook.

Also watch each day's video and complete that day's simple workbook exercise. It'll ensure what you hear in the videos sinks in and sticks with you.

DAY 1

HOW WATER HELPS YOU DETOX

Water is your body's greatest ally when it comes to detoxifying naturally. No powder or pill can compare with the simple power of hydration.

Watch today's training to hear exactly why that is, and why it's dangerous to detox without including water.

After you watch the video, write down in the space below why water is a must for safe, effective detox:

WEIGHT _____

WATER _____

SLEEP _____

DAY 2

HOW SLEEP HELPS YOU DETOX

Today's training is all about sleep's role in safe, natural detox. It's a LOT more important than you've been told. After you watch today's training, you'll understand why I'm asking you to track your sleep during this 7-Day Total Body Reset.

Watch today's training and write down in the space below why sleep is critical to detox. What does sleep do for your body that makes it a must for safe, natural detox?

WEIGHT _____

WATER _____

SLEEP _____

DAY 3

REDUCE INFLAMMATION TO DETOXIFY

Inflammation is a word you've no doubt heard a million times. There are different kinds of inflammation. One you can see, and one you cannot. The inflammation you cannot see not only interferes with detox, it's a huge part of what makes detox necessary in the first place!

Watch today's training. In the space below, write down what causes this sneaky inflammation, and what you can do to reduce it.

WEIGHT _____

WATER _____

SLEEP _____

DAY 4

THE BIOLOGY OF MINDSET

Your mind is not an area most people think about when it comes to detox. When you hear “Total Body Reset,” I bet you weren’t even thinking about a mental reset, right?

The thing is, your mind is in your brain, and your brain is in your body. When you detox your body, it affects your mind, too.

Watch today’s training to hear about the biology of mindset, including the way food affects both how you think, and how you feel.

Then, in the space below, write down the ways food influences your moods and mindset.

WEIGHT _____

WATER _____

SLEEP _____

EMOTIONAL EATING

If you've ever wanted to celebrate with food, eat while stressed, upset, or scared, or just for something to do, you've experienced emotional eating.

Eating for emotional reasons, instead of because we're actually hungry, contributes to a weight problem as well as to the need to detox.

Watch today's training to hear more about what emotional eating is, and how it's influencing your mind and body.

Then, in the space below, write down a few ways you emotionally eat. Awareness will help you better manage them.

WEIGHT _____

WATER _____

SLEEP _____

FEAR OF HUNGER

Watch today's video. Then, in the space below, write down your favorite takeaways about the fear of hunger. Did today's video give you a new perspective on feeling hungry?

WEIGHT _____

WATER

SLEEP

[illegible]

DAY 7

WHAT'S NEXT FOR YOUR RESET?

Congratulations on completing the 7-Day Total Body Reset!

Today's training is all about what to do now that you've reset. We'll cover:

- Exactly why you may have felt off during detox (it's completely normal)
- Ways to further detoxify your body (that will also help you lose weight and feel better than you have in years)

Watch today's training and write down my tips for getting even better results with your reset.

WEIGHT _____

WATER _____

SLEEP _____
