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BUILT BY GRACE

FAITH | FITNESS | FELLOWSHIP

FREE STARTER PLAN

Built by Grace 7-Day Reset

A safe, simple week of movement, reflection, and renewed consistency.

TRAIN WITH PURPOSE. LIVE BUILT BY GRACE.

Created for practical training, honest reflection, and steady faithfulness.



Read This First

SAFETY AND SCOPE

This guide provides general fitness education and is not medical advice, diagnosis, treatment, physical therapy, or a substitute for care from a qualified professional. Choose movements that fit your current ability. Stop if you feel sharp pain, chest pain, faintness, unusual shortness of breath, or any symptom that concerns you. Seek urgent care for emergency symptoms. If you are pregnant, recovering from injury or surgery, managing a medical condition, or unsure whether exercise is appropriate, speak with a qualified health professional before beginning. Results vary. No result is promised or guaranteed.

Your effort guide

Use the 1-10 effort scale below. Most work in these guides stays at 5-7. You should finish each set knowing you could complete about 2-4 more good repetitions.

Effort	How it feels	Use
1-3	Very easy. Calm breathing.	Warm-up, mobility, recovery.
4-5	Comfortable. You can speak in full sentences.	Easy cardio, skill practice.
6-7	Challenging and controlled. Form stays steady.	Most strength and conditioning work.
8	Hard. Only short phrases are comfortable.	Optional advanced work, not required.
9-10	Near-maximal or maximal.	Not used in this program.

The movement rules

- Move through a comfortable range. A shorter range still counts.
- Quality comes before speed, load, or extra repetitions.
- Use stable support when balance feels uncertain.
- Muscle effort is expected. Sharp, electrical, or worsening pain is a stop signal.
- Rest longer when breathing or form has not recovered.
- You may replace any session with walking, gentle mobility, or full rest.

How the Reset Works

This seven-day reset is a simple re-entry point. Each day includes a short movement plan, a faith focus, and one honest reflection. You need a chair, a wall or counter, a backpack or light household item, and enough space to move safely.

- Set aside 20-30 minutes. Shorten the plan when needed.
- Complete smooth repetitions. Stop each set before form breaks down.
- Mark the daily tracker. Consistency matters more than intensity.
- Do not make up missed work. Continue with the next day.
- Use the low-impact choice whenever impact or floor work does not fit you.

YOUR SIMPLE TARGET

Complete five of the seven days. A completed recovery day counts.

Quick starting check

Why do I want to reset now?

What time and place will I use most days?

- ☐ I have a safe space
- ☐ I chose a chair or support
- ☐ I know my stop signals
- ☐ I will keep effort at 5-7

DAY 1 OF 7

Begin with honesty

Read: Psalm 139:23-24

Notice where you are without shame. Starting honestly gives you a place to build from.

Movement

- Easy walk or march - 8 minutes
- Chair squat - 2 x 8
- Wall push-up - 2 x 8
- Standing calf raise - 2 x 10
- Slow breathing - 2 minutes

LOW-IMPACT OPTION

Keep one hand on a stable support. Replace floor work with standing or seated versions. Replace any uncomfortable movement with 10-15 minutes of easy walking or seated marching.

Check in

Before	After	Notes
Energy: __ / 5	Energy: __ / 5	Effort: __ / 10
Mood: __ / 5	Mood: __ / 5	Pain or concern: _____

What is true about my current energy, schedule, and needs?

Prayer or gratitude

- ☐ Movement complete
- ☐ Reflection complete
- ☐ I adjusted wisely
- ☐ I rested without guilt

DAY 2 OF 7

Choose the next right step

Read: Proverbs 16:3

A clear small action is stronger than a perfect plan you never begin.

Movement

- Warm-up - 4 minutes
- Supported split squat - 2 x 6 each side
- Counter push-up - 2 x 8
- Backpack row - 2 x 10
- Dead bug - 2 x 6 each side

LOW-IMPACT OPTION

Keep one hand on a stable support. Replace floor work with standing or seated versions.
Replace any uncomfortable movement with 10-15 minutes of easy walking or seated marching.

Check in

Before	After	Notes
Energy: __ / 5	Energy: __ / 5	Effort: __ / 10
Mood: __ / 5	Mood: __ / 5	Pain or concern: _____

What is one action I will complete even if the day gets busy?

Prayer or gratitude

- ☐ Movement complete

☐ I adjusted wisely
- ☐ Reflection complete

☐ I rested without guilt

DAY 3 OF 7

Practice steady strength

Read: Isaiah 40:31

Strength grows through repeated faithful practice, not through one exhausting day.

Movement

- Easy walk - 12-20 minutes
- Every 4 minutes: 6 chair squats
- Finish with gentle hip and chest mobility

LOW-IMPACT OPTION

Keep one hand on a stable support. Replace floor work with standing or seated versions.
Replace any uncomfortable movement with 10-15 minutes of easy walking or seated marching.

Check in

Before	After	Notes
Energy: __ / 5	Energy: __ / 5	Effort: __ / 10
Mood: __ / 5	Mood: __ / 5	Pain or concern: _____

Where have I confused intensity with faithfulness?

Prayer or gratitude

- ☐ Movement complete
- ☐ Reflection complete
- ☐ I adjusted wisely
- ☐ I rested without guilt

DAY 4 OF 7

Make room for recovery

Read: Mark 6:31

Rest is part of wise training. Recovery gives your next effort a solid foundation.

Movement

- Easy mobility - 8 minutes
- Optional relaxed walk - 10 minutes
- No strength work today

LOW-IMPACT OPTION

Keep one hand on a stable support. Replace floor work with standing or seated versions.
Replace any uncomfortable movement with 10-15 minutes of easy walking or seated marching.

Check in

Before	After	Notes
Energy: __ / 5	Energy: __ / 5	Effort: __ / 10
Mood: __ / 5	Mood: __ / 5	Pain or concern: _____

What kind of rest would restore me instead of distract me?

Prayer or gratitude

- ☐ Movement complete
- ☐ Reflection complete
- ☐ I adjusted wisely
- ☐ I rested without guilt

DAY 5 OF 7

Carry what matters

Read: Hebrews 12:1-2

Let go of comparison. Train for the life and responsibilities God has given you.

Movement

- Warm-up - 4 minutes
- Hip hinge to wall - 2 x 10
- Chair squat - 2 x 10
- Incline push-up - 2 x 8
- Suitcase carry or hold - 3 x 30 seconds each side

LOW-IMPACT OPTION

Keep one hand on a stable support. Replace floor work with standing or seated versions.
Replace any uncomfortable movement with 10-15 minutes of easy walking or seated marching.

Check in

Before	After	Notes
Energy: __ / 5	Energy: __ / 5	Effort: __ / 10
Mood: __ / 5	Mood: __ / 5	Pain or concern: _____

What comparison am I ready to release?

Prayer or gratitude

- ☐ Movement complete

☐ Reflection complete
- ☐ I adjusted wisely

☐ I rested without guilt

DAY 6 OF 7

Serve from strength

Read: Galatians 5:13

Fitness is not only about appearance. Capacity helps you show up for people and purpose.

Movement

- Choose: walk, bike, or march - 15-25 minutes
- Keep effort at 4-5
- Finish with 3 minutes of easy breathing

LOW-IMPACT OPTION

Keep one hand on a stable support. Replace floor work with standing or seated versions. Replace any uncomfortable movement with 10-15 minutes of easy walking or seated marching.

Check in

Before	After	Notes
Energy: __ / 5	Energy: __ / 5	Effort: __ / 10
Mood: __ / 5	Mood: __ / 5	Pain or concern: _____

Who benefits when I care for my strength, energy, and character?

Prayer or gratitude

- ☐ Movement complete
- ☐ Reflection complete
- ☐ I adjusted wisely
- ☐ I rested without guilt

DAY 7 OF 7

Review with grace

Read: Philippians 1:6

Your week does not need to be flawless to be meaningful. Notice what worked and build again.

Movement

- Optional relaxed walk - 10-20 minutes
- Repeat your favorite two movements from the week - 1 easy set each
- Full rest is also a valid choice

LOW-IMPACT OPTION

Keep one hand on a stable support. Replace floor work with standing or seated versions. Replace any uncomfortable movement with 10-15 minutes of easy walking or seated marching.

Check in

Before	After	Notes
Energy: ____ / 5	Energy: ____ / 5	Effort: ____ / 10
Mood: ____ / 5	Mood: ____ / 5	Pain or concern: _____

What did this week teach me about the way I build consistency?

Prayer or gratitude

- ☐ Movement complete
- ☐ Reflection complete
- ☐ I adjusted wisely
- ☐ I rested without guilt

Seven-Day Tracker

Mark what you completed. A wise adjustment or planned rest still counts as faithful participation.

Day	Movement	Reflection	Energy before	Energy after	One word
1	[]	[]	___ / 5	___ / 5	_____
2	[]	[]	___ / 5	___ / 5	_____
3	[]	[]	___ / 5	___ / 5	_____
4	[]	[]	___ / 5	___ / 5	_____
5	[]	[]	___ / 5	___ / 5	_____
6	[]	[]	___ / 5	___ / 5	_____
7	[]	[]	___ / 5	___ / 5	_____

Reset Review

The habit that helped me most

The barrier I will plan around next

My next seven-day commitment

KEEP BUILDING

Repeat this reset, use the free workout planner, or begin the 30-Day Consistency Challenge when you want more structure. Your next step should fit your real life.