

SWEAT WITH **SLAY.**

FREE GUIDE

**YOU DON'T NEED
A RESTART. YOU
NEED 14 HONEST
DAYS.**

BEGIN AGAIN.

Been ghosting the gym since September? This one's for you.

14 DAYS

SWIPE →

THE TRUTH

DRAMATIC COMEBACKS FAIL

The all-or-nothing 'restart' — new plan, new diet, six days a week — burns out by Thursday. You're not behind and you're not broken. You just need to begin, honestly, for two weeks.

THE RULE

SHOW UP IMPERFECTLY

The goal isn't perfect. It's proving to yourself you show up. Lower the bar, never miss twice, and let momentum — not motivation — carry you.

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CHECKLIST

WEEK 1 — EASE IN

- Day 1 — 20-minute walk
- Day 2 — Full-body strength (20 min)
- Day 3 — Walk + 10-min mobility
- Day 4 — Lower body (20 min)
- Day 5 — Rest or easy walk
- Day 6 — Upper or full body (20 min)
- Day 7 — Reflect: what felt good?

One box a day. That's the whole job.

CHECKLIST

WEEK 2 — BUILD

- Day 8 — Full body, add a set
- Day 9 — Walk 8k steps
- Day 10 — Lower body, a little heavier
- Day 11 — Mobility + core
- Day 12 — Upper or full body
- Day 13 — Active recovery walk
- Day 14 — Plan week 3 — you're back

Notice you didn't need a restart. You needed reps.

DAY 15 AND BEYOND

NOW YOU HAVE MOMENTUM

Fourteen honest days rebuilds the identity: you're someone who shows up. Keep the streak alive — and if you want it built around your life, that's what coaching is for.

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YOU'RE NOT STARTING OVER.

SLAY IT.

You're starting, honestly. Want the next 90 days mapped for you? sweatwithslay.com.

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14 DAYS

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