

# Reclaim & Reignite

A 14-DAY WELLNESS RESET



POTOMAC SWIM  
AND TENNIS CLUB

1	2	3	4	5	6	7
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8	9	10	11	12	13	14
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## Week 1: Detox List

- Day 1: Turn off screens by 9PM.
- Day 2: Social Media Free -day
- Day 3: Clean one space in your home (desk, fridge, closet)
- Day 4: No phones during meals
- Day 5: Unsubscribe from 5 junk email lists
- Day 6: No TV/streaming after 8PM
- Day 7: 1-hour of complete silence (no devices, music or talking)

## Week 2: Connection/Joy List

- Day 8: Text someone you've been meaning to reconnect with
- Day 9: Do something playful (sing, paint, dance)
- Day 10: Buy or cook with a new ingredient you've never tried
- Day 11: Call or video chat with a friend/family
- Day 12: Wear something that makes you feel amazing
- Day 13: Set plans for something to look forward to next week
- Day 14: Create a simple weekly wellness ritual (Sunday reset, meal prep, journaling)

**Check off each THEME as you complete.**

*\*Utilize additional handouts for more details on each theme.*

Reset physically, mentally, and emotionally with a holistic, balanced routine to start your new year. Gentle but energizing. Intentional, empowering, fresh start.