

The Ultimate Metabolism Reset Checklist for Women 40+.

*Choose *one* habit to focus on, and layer in the next when you feel ready.

☐ **Protein Target: 90–110g/day**

Aim for ~30g per meal and include a protein source each time you eat.

Benefits: Keeps you full longer + supports fat loss and muscle maintenance.

☐ **Fiber Target: 25–35g/day**

Add a fruit or veggie to every meal.

Benefits: Improves digestion + stabilizes blood sugar to reduce cravings.

☐ **Movement Target: 7,000–10,000 steps/day**

Spread movement throughout your day; post-meal walks are a bonus.

Benefits: Boosts metabolism naturally + increases daily calorie burn.

☐ **Strength Target: 2–3 sessions/week**

Focus on full-body exercises like squats, lunges, presses, and rows.

Benefits: Builds lean muscle (your metabolism booster) + increases strength and confidence.

☐ **Hydration Target: 80–100 oz/day**

Start your morning with 12–16 oz of water.

Benefits: Supports digestion + improves energy and hunger regulation.

☐ **Sleep Target: 7–8 hours/night**

Limit screens before bed and keep your room cool and dark.

Benefits: Regulates hunger hormones + boosts recovery and mood.

☐ **Stress Reset: 5 minutes/day** 🌿

Try breathing, journaling, stretching, walking, or gratitude.

Benefits: Lowers cortisol (belly-fat hormone) + supports consistency.

☐ **Balanced Meals: every meal** 🍴

Aim for protein + fiber + a small portion of healthy fats.

Benefits: Steady energy all day + reduces cravings and overeating.

☐ **Consistency Focus: aim for 80%** ❤️

Never perfection. No starting over. Just forward progress.

Benefits: Builds sustainable habits + reduces guilt and overwhelm.