

A GIFT FROM KENTON HEALTH PARK

Your 7-Day Wellness Reset

A gentle, practical guide to help you reconnect with your body, clarify what you need, and take one meaningful step at a time.

This week is not about perfection.
It is about paying attention, choosing what matters, and building a small promise you can keep.

01 CHECK IN	02 CHOOSE	03 BEGIN
Notice what your body and life are asking for.	Select one realistic focus for this week.	Use seven small actions to create momentum.

Angela Kenton, RN | Concierge Nursing + Health & Wellness Coaching

The 5-minute wellness check-in

Circle a number for each area: 1 means “I need support here” and 5 means “I feel strong and consistent here.” This is a reflection tool, not a medical assessment.

AREA	1	2	3	4	5
Energy through the day	☐	☐	☐	☐	☐
Quality of sleep	☐	☐	☐	☐	☐
Nourishing food choices	☐	☐	☐	☐	☐
Comfortable movement	☐	☐	☐	☐	☐
Stress recovery	☐	☐	☐	☐	☐
Confidence managing my health	☐	☐	☐	☐	☐
Time and care for myself	☐	☐	☐	☐	☐

What is one area that would make the biggest difference if it felt easier?

CHOOSE YOUR FOCUS

One week. One promise.

Choose one focus below. The best focus is not the most impressive one—it is the one you can realistically practice this week.

☐ REST Create a consistent wind-down time and protect your sleep window.	☐ NOURISH Build one balanced meal or hydration habit you can repeat.
☐ MOVE Choose movement that feels supportive, safe, and sustainable.	☐ RESET Use a two-minute pause to interrupt stress and reconnect.
☐ ADVOCATE Organize one health question, appointment, or next step.	☐ RECONNECT Make space for something that helps you feel like yourself.

My seven-day promise:

For the next seven days, I will _____

I will make it easier by _____

Small actions. Real momentum.

1	NOTICE Write down how you feel—physically, mentally, and emotionally—without judging it.	☐
2	CLEAR Remove one small barrier that makes your healthy choice harder.	☐
3	NOURISH Give your body one supportive thing: water, a balanced meal, rest, or gentle movement.	☐
4	PAUSE Take two quiet minutes. Breathe slowly and ask, “What do I need right now?”	☐
5	ADVOCATE Write one health question or schedule one important next step.	☐
6	RESTORE Choose an activity that replenishes you instead of draining you.	☐
7	REFLECT Name what worked, what felt difficult, and what you want to continue.	☐

Your goal is participation, not a perfect seven out of seven.

What you notice matters.

DAY	MY ACTION	ENERGY 1-5	ONE WORD
1			
2			
3			
4			
5			
6			
7			

The change I am proudest of:

The support I need next:

YOUR NEXT CHAPTER

You do not have to figure it all out alone.

If this reset helped you see where you need support, your next step can be a complimentary 15-minute Wellness Clarity Call with Angela Kenton, RN.

During your call, we will:

- Clarify your primary wellness goal
- Identify the biggest obstacle in your way
- Choose one realistic next step
- Determine whether coaching or concierge nursing support may fit your needs

REQUEST YOUR COMPLIMENTARY CALL

kentonhealthpark.com

kentonhealthpark@gmail.com | (954) 546-4826

A note about your health: This guide provides general education and personal reflection prompts. It is not medical advice, diagnosis, or treatment. Consult your licensed healthcare professional about medical concerns. If you may be experiencing an emergency, call 911.