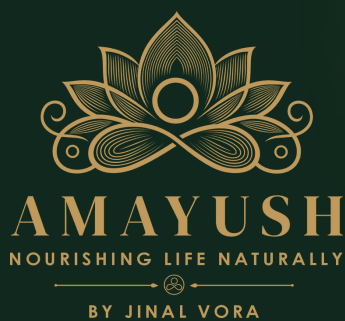




A FREE GUIDE FROM AMAYUSH

30 Day *New You* Challenge

One small thing a day, for thirty days.
No diet. No gym membership. Nothing to buy.



Jinal Vora

CERTIFIED CLINICAL NUTRITIONIST

BEFORE YOU BEGIN

Thirty small things beat one big one.

Almost everybody I meet in clinic has already tried the big version. The strict plan, the six in the morning gym, the month of no sugar. It works for eleven days and then life happens, and what is left behind is not just the old habit but the belief that you cannot keep a promise to yourself.

This challenge is built the other way around. Every task takes between two and twenty minutes. None of them require equipment, a subscription or anybody else's cooperation. Several of them are simply permission to rest, which is the part most people find hardest.

Health is not only what is on your plate. It is how you sleep, how you breathe, how much daylight you see, whether you ever stop. In clinic those are the things that turn out to be holding a stubborn thyroid report or a sugar level in place, long after the diet has been corrected.

Thirty days is long enough to feel a difference and short enough to finish. Start today rather than Monday.

Final



HOW TO USE THIS

Four rules, and only four.

1

Do them in any order

The days are grouped so the effort builds gently, but if Day 15 is the one you need today, do Day 15.

2

Missing a day is not failing

Pick it up the next morning. The people who finish are not the ones who never miss, they are the ones who restart without drama.

3

Keep it small on purpose

If a task feels too easy, that is the design. Small is what survives a bad week.

4

Write something down

Even one line. On Day 29 you will read back to Day 1, and you will need something to read.

A note on what this is not. This is a wellbeing challenge, not a treatment plan. If you are managing diabetes, thyroid disease, PCOD or anything else under a doctor, keep doing exactly what they have asked. Nothing here replaces it, and nothing here should be used to change medication.

WEEK ONE

Days 1 to 7

Start with the quiet things. Nothing this week asks much of your body, and that is deliberate.

DAY

1

Start a gratitude journal

Three lines before bed. Writing down what went right is one of the few habits with real evidence behind it for lowering the stress response, and it costs two minutes.

DAY

2

Learn to meditate

Ten minutes, sitting, following your breath. You are not trying to empty your mind. You are practising noticing when it has wandered, and coming back.

DAY

3

Spend the day social media free

Notice what you reach for the phone instead of feeling. That noticing is the useful part, more than the abstinence itself.

DAY

4

Call someone you love

A call, not a message. The voice carries something typing does not, for both of you.

DAY

5

Take a 15 minute walk outdoors

Ideally after a meal. Daylight sets your body clock, and walking after eating measurably flattens the rise in your blood sugar.

DAY

6

Listen to a podcast

Choose something that teaches you rather than something that agitates you. Your attention is a resource and most feeds spend it for you.

DAY

7

Learn to cook a new recipe

One new dish a month changes what your family eats over a year far more than any diet chart pinned to the fridge.

WEEK TWO

Days 8 to 14

Movement and attention. You are two weeks in and this is where most challenges are abandoned, so keep them small.

DAY

8

Stretch for 10 to 15 minutes

Hips and upper back especially, if you sit for work. Tight hips quietly become a sore lower back.

DAY

9

Listen to your favourite song

Properly. Sitting down, not while doing three other things. Undivided attention is rarer than it should be.

DAY

10

Practice deep breathing

Longer out than in. Four counts in, six counts out, for five minutes. That ratio is what shifts you out of fight or flight.

DAY

11

Try a free online workout

Twenty minutes counts. The barrier is almost never the length of the workout, it is the starting.

DAY

12

Read a book for 15 minutes

Paper if you can, and not in bed with a lit screen against your face.

DAY

13

Write a list of short term goals

Three months, not five years. Short horizons are the ones people actually act on.

DAY

14

De-clutter a room or desk

Two weeks in. Clearing a physical space is the quickest way to feel that something is moving.

WEEK THREE

Days 15 to 21

Rest and permission. Sleep gets its own day here because it earns it.

DAY

15

Go to bed 30 minutes earlier

Half the metabolic problems I see in clinic are made worse by short sleep. This is the highest value habit on the list.

DAY

16

Have a game night

Play. Adults stop doing it somewhere along the way and lose something they do not replace.

DAY

17

Wake up 15 minutes earlier

Not to fit more in. To avoid starting the day already behind, which sets the tone for everything after it.

DAY

18

Make your favourite meal

Food is allowed to be pleasure. A month of restriction was never the goal, and it is not what lasts.

DAY

19

Buy yourself something nice

Small is fine. The point is the permission rather than the price.

DAY

20

Create a bucket list

Write what you actually want, not what sounds respectable when said out loud.

DAY

21

Watch a movie or series

Choose it deliberately instead of scrolling for forty minutes and then watching something you did not want.

WEEK FOUR

Days 22 to 30

Reflection, and finishing. Look back at where you started before you decide what comes next.

DAY

22

Write down your thoughts

Unedited, for ten minutes, longhand if possible. Nobody is going to read it.

DAY

23

Take a long shower or bath

Warm water genuinely calms the nervous system. This is not indulgence, it is physiology.

DAY

24

Have a self grooming day

Attention paid to yourself, of the kind most people give everyone else in the house without thinking.

DAY

25

Read inspirational quotes

Keep the one that lands and discard the rest. One sentence you return to beats fifty you scroll past.

DAY

26

Set your goals for today

Three things. Not fifteen. A list you can finish is a list you will use again tomorrow.

WEEK FOUR CONTINUED

DAY

27

Spend some time outside

Sunlight on skin for ten minutes, ideally in the morning. It matters for your mood, your sleep and your vitamin D.

DAY

28

Do a hair mask

Oil, an hour, wash out. Slow care with no outcome attached to it.

DAY

29

Write it all down in a journal

A month in. Read back to Day 1 and notice what has actually shifted. Most people underestimate it.

DAY

30

Take a power nap

Twenty minutes at most, and before three in the afternoon, so it does not borrow from tonight's sleep.

PRINT THIS PAGE

Your thirty days.

Tick a box each day. Seeing the row fill up does more for consistency than any reminder on your phone.

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
6 ☐	7 ☐	8 ☐	9 ☐	10 ☐
11 ☐	12 ☐	13 ☐	14 ☐	15 ☐
16 ☐	17 ☐	18 ☐	19 ☐	20 ☐
21 ☐	22 ☐	23 ☐	24 ☐	25 ☐
26 ☐	27 ☐	28 ☐	29 ☐	30 ☐

Started on Finished on



DAY 31

What happens now.

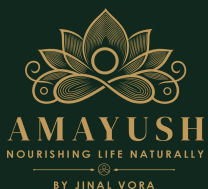
If you have reached this page having done most of thirty days, you have proved the thing that matters. Not that you can be disciplined for a month, but that small changes hold when they are small enough to keep.

Keep three of them. Not all thirty. Choose the three that made the most difference and let those become ordinary, then add something else in a month.

If the tiredness, the bloating, the weight or the reports have not moved despite doing everything you were told, that is usually a sign the cause is somewhere nobody has looked yet. That is the conversation I have with clients every week, and it starts with one hour and your last two blood reports.

Bring your reports and your questions.

amayushbyjinal.com/book-consultation



Nourishing Life Naturally

Root cause nutrition for diabetes, thyroid, PCOD, gut health and stress.
Vegetarian and Jain friendly.