

Health, fitness, lifestyle

TAYLAKFITNESS LIFESTYLE RESET

Habits, goal setting and sustainable change

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CONTENTS

INTRODUCTION	01
GOAL SETTING	02
TRACKING PROGRESS	03
HABITS	04
IMPORTANCE OF HITTING YOUR STEP COUNT	05
REST DAYS	06
RECOVERY	07
PROTEIN, FIBER & HYDRATION BASICS	08
ALCOHOL INTAKE AND EATING OUT	09
FINAL THOUGHTS 	10



INTRODUCTION

ABOUT TAYLAKFITNESS

Welcome to the TaylaKfitness guide 🌸

first off, I am so proud of you for choosing to support your body in a way that feels good, not obsessive. I am creating this guide to teach people that life gets a lot better when you start seeing fitness as an enjoyable lifestyle and feeling good rather than being a tool for weight loss or a punishment.

What this guide should teach you is that you are able to reach your fitness goals, just by small habit changes and better choices, rather than obsessing over every single calorie you put into your body.

You are capable of such a beautiful life that doesn't involve weighing yourself multiple times a week and avoiding certain foods because you are too scared of the calories.

LIFE IS FOR LIVING.



GOAL SETTING

I want all Taylakfitness members to grab a notepad or use the notes app on your phone and make **3 personal, non-scalable goals**. 🌟🌸

1. PERFORMANCE GOAL
2. WELLNESS GOAL
3. MINDSET/EMOTIONAL GOAL

PERFORMANCE GOAL EXAMPLES: 🧑♀️

- Be able to perform 10 unassisted pull-ups.
- Run a 5K in under 30 minutes.
- Learn how to perform a handstand.
- Improve your range of motion.
- To be able to complete a hike you've always wanted to do

WELLNESS GOAL EXAMPLES: 🧑♀️

- To improve energy throughout the day
- reach 7-9 hours of sleep each night
- Establish a bedtime routine to help unwind and improve sleep quality.
- Incorporate a weekly self-care routine (like a bath, reading, or relaxation) to recharge.
- Drink 2 liters of water every day to stay hydrated.

MINDSET/EMOTIONAL GOAL EXAMPLES: 😊

- Start journaling every evening/morning to reduce stress
- Practice mindfulness or meditation for 10 minutes daily
- Set aside time for hobbies or passions that bring you joy and fulfillment.
- Take time for reflection and goal setting, reviewing progress and adjusting when needed.
- Learn to enjoy your workouts



TRACKING PROGRESS

WHY THE SCALES DON'T SHOW YOUR TRUE PROGRESS 🚫🚫

- **Water retention** — Stress, salt, hormones, and even sleep can cause water weight to fluctuate. It's temporary and not fat gain!
- **Muscle gain** — Building muscle means you might weigh more, even as you lose fat. That's a good thing!
- **Time of day** — Your weight can shift throughout the day depending on food, hydration, and digestion.
- **Progress plateaus** — It's totally normal! You might be getting stronger or fitter even if the scale doesn't budge.
- **Menstrual cycle** 🌸 — Hormonal changes can cause bloating and water retention. Totally normal — not fat gain.
- **Health isn't a number** — Focus on how you feel physically, mentally, and emotionally. That's real progress.

★ Your body is changing in ways the scale can't measure — keep going, and don't let one number define your success!

WEIGHT DOESN'T DEFINE HEALTH

Instead of weighing yourself, check in with these 3 goals:

- **Performance** 🏋️ — Are you lifting heavier? Moving better?
- **Wellness** 🌿 — How's your energy, sleep, and daily habits?
- **Mindset** 🧠 — Are you feeling more confident, balanced, and positive?

Ask yourself: How strong do I feel? How happy am I? How much more energy do I have?

When you focus on how you feel—physically, emotionally, and mentally—you'll notice progress that the scale could never show. Eventually, you might not even feel the need to step on it again.

THIS IS WHAT SUSTAINABLE TRANSFORMATION LOOKS LIKE.

HABITS

SMALL HABITS THAT WILL CHANGE THE GAME



2-3 LITRE OF WATER A DAY

- performance enhancement
- Muscle recovery
- Electrolyte balance
- Joint health
- Prevention of cramps
- Energy levels
- Weight management
- Focus and concentration
- Immune support
- Helps with water retention



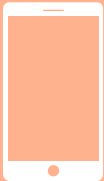
MINDFUL EATING

- Nutrient balance
- Digestive health
- Prevention of overeating
- Energy levels
- Encourages intuitive eating



7-9 HOURS OF SLEEP

- Muscle recovery
- Hormone regulation
- Performance improvement
- Stress reduction
- Weight management
- Consistent training
- Mental resilience



REDUCED SCREEN TIME

- Improved sleep quality
- Reduced stress & anxiety
- increased presence & mindfulness



SMALL GOAL SETTING

- Consistent progress
- Sustainable habits
- Reduced overwhelm
- Increased accountability
- Motivation boost
- Prevents burnout



7-10K STEPS PER DAY

- Weight management
- Mental wellbeing
- Joint Health
- Cardiovascular health
- Metabolic rate
- Fresh air and endorphins

IMPORTANCE OF HITTING YOUR STEP COUNT



DON'T UNDERESTIMATE THE POWER OF DAILY STEPS! 🧑‍🦵👤🌟

Getting your steps in every day has huge benefits for both physical and mental health — especially when working towards fitness goals. If you're just starting your journey, focusing on your daily step count is a game-changer.

WEIGHT MANAGEMENT:

Hitting 7,000–10,000 steps a day can massively support fat loss and help with overall movement. It can feel tough with a busy schedule, but small tweaks make a big difference!

OTHER BENEFITS:

🌟 Joint health

🔥 Boosted metabolism

🧠 Better mood & mental clarity

❤️ Cardiovascular health

🌱 Long-term wellness

🌍 ...and getting out of the house for a change of scenery!

EASY WAYS TO HIT 10K:

- Take the stairs instead of the lift
- Park further away and walk the extra distance
- Swap scrolling for a stroll
- Use your work break for a quick walk
- Make it social — go for a walk with a friend or loved one
- Get off public transport one stop earlier

💡 REAL-LIFE TIP:

Your body doesn't know if you hit your steps in a gym or by walking your dog — movement is movement! Start small. Park further away. Take the stairs. Walk during calls. Go on a quick morning loop. It all adds up.

SMALL HABITS = BIG RESULTS



YOU MUST REST!

WHY REST DAYS ARE SO IMPORTANT

Rest isn't just about taking a break — it's where the magic happens



WHEN YOU REST, YOUR BODY:

- Repairs and rebuilds muscles 🦵
- Reduces inflammation
- Restores energy levels 🔋
- Balances hormones
- Supports better sleep 🛌
-

SKIPPING REST CAN LEAD TO:

- Fatigue & burnout 🥱
- Increased risk of injury
- Slower progress over time
-

REST DAYS ACTUALLY HELP YOU TRAIN BETTER.

You'll feel stronger, move better, and recover faster when you give your body the downtime it needs.

Still want to move? Active rest is perfect:

- Walks, yoga, gentle stretching, swimming 🧘♀️🧘♂️🧘♀️🧘♂️♀️
- Keep the intensity low and focus on how your body feels.

So don't feel guilty for taking a rest day — **it's a key part of reaching your goals!**



REAL LIFE TIP

You don't have to "earn" rest. You need it. Think of it as a training day for your nervous system. Skipping it doesn't make you disciplined — it holds you back.



RECOVERY

Recovery isn't just a break — it's where your body builds strength, balances hormones, and replenishes energy. Without recovery, progress stalls.

WHY RECOVERY MATTERS:

- Repairs and rebuilds muscle tissue after training
- Regulates cortisol (stress hormone) and supports hormonal balance
- Prevents overtraining, which can cause fatigue, poor sleep, and injury
- Keeps your immune system strong and supports mental well-being

KEY RECOVERY TOOLS:

- Sleep: Your #1 recovery weapon — aim for 7–9 hours
- Hydration: Water helps flush toxins and reduce inflammation
- Protein intake: Fuels muscle repair and growth
- Stretching & mobility: Improves circulation and flexibility
- Low-impact movement: Walking, yoga, foam rolling = gentle blood flow boost
- Cycle syncing: Adjust intensity based on your energy across the menstrual phases

REAL-LIFE TIP:

You don't get stronger during workouts — you get stronger when you recover from them. **No recovery = no results.** Make recovery a non-negotiable part of your routine, not a reward.

PROTEIN, FIBER & HYDRATION BASICS



You don't need to track every gram or obsess over macros to fuel your body well — just build awareness of what helps you feel strong, satisfied, and energised.

PROTEIN: THE POWER NUTRIENT

- Builds and repairs muscle 🍌
- Keeps you fuller for longer
- Supports hormone balance and recovery
- Extra important when strength training or during your cycle

Easy Protein Boosts:

- Add tofu, chicken, eggs, tempeh, or yogurt to meals
- Stir protein powder into oats, smoothies, or yogurt
- Snack on nuts, edamame, boiled eggs, or a protein bar

FIBER: FOR DIGESTION & FULLNESS

- Supports healthy digestion and regularity
- Keeps energy stable and cravings in check
- Feeds good gut bacteria and supports hormones

Simple Fiber Wins:

- Eat more veggies, fruits (like berries & apples 🍏), and whole grains
- Add beans, lentils, or chickpeas to salads, stews, or wraps

HYDRATION: THE UNDERRATED ESSENTIAL

- Improves energy and focus
- Helps digestion and reduces bloating
- Supports muscles, joints, and skin health

Hydration Habits:

- Keep a bottle with you (and actually sip it!)
- Add fruit or herbs to water if plain isn't appealing 🍋
- Start each morning with a glass of water before coffee

REAL-LIFE TIP:

Your body doesn't need perfect numbers — it needs consistency.

STRESS MANAGEMENT



Stress affects everything — your hormones, sleep, digestion, workouts, cravings, and recovery. Managing it isn't just about mental health; it's key to your fitness progress too.

WHY STRESS MANAGEMENT MATTERS:

- Chronic stress raises cortisol, which can disrupt sleep, increase cravings, and impact muscle recovery
- High stress can lead to emotional eating, burnout, and loss of motivation
- Managing stress supports your nervous system, which boosts strength, endurance, and mood

SIMPLE, SUSTAINABLE WAYS TO LOWER STRESS:

- Daily movement: Even a short walk can lower cortisol
- Mindfulness & breathing: Deep breathing, yoga, or meditation for 5 minutes a day
- Phone-free time: Unplug before bed or during meals
- Sleep routine: A consistent wind-down schedule = calmer mind, deeper rest
- Journaling or brain-dumping: Get thoughts out of your head and onto paper
- **Say no:** Protect your peace by setting healthy boundaries

REAL-LIFE TIP:

Stress isn't always bad — it's how you manage it that matters. Notice what feels calming in your body, and make space for it every day — *even if it's just 5 minutes.*

EATING OUT AND ALCOHOL INTAKE



YOUR FITNESS JOURNEY SHOULD FIT AROUND YOUR LIFE – NOT THE OTHER WAY AROUND.

Social events, meals out, and the occasional drink are all part of living fully. You can enjoy these moments without feeling like you've fallen "off track."

EATING OUT TIPS:

- Plan if it helps, but don't stress: Checking the menu ahead of time can be helpful, but don't overthink it.
- Anchor with protein & veggies: Aim for balanced choices, but if you want the burger and chips — enjoy it.
- Eat slowly and mindfully: Savour your food, listen to your body, and stop when you're comfortably full.
- No guilt allowed: One meal isn't a setback. It's just a meal.

ALCOHOL TIPS:

- Hydrate: Drink water between alcoholic drinks, especially if training the next day.
- It's okay to enjoy it: A drink (or a few) on occasion won't derail you — it's the constant overconsumption that can impact muscle recovery, hormones, and progress.
- Hydrate & rest: Support your body by drinking water and prioritising good sleep after drinking.
- Check in with yourself: Ask, "Is this adding to my experience?" There's no right or wrong answer — it's personal.

REAL-LIFE REMINDER:

You don't need to "earn" your food or "work off" a night out. What you do consistently is what shapes your progress — not the occasional takeaway, dessert, or night of drinks.

There is no shame in enjoying your life. Give yourself permission to indulge without guilt. Progress and pleasure can coexist.

. **Life is for living** — and balance is what brings long-term results.

FINAL THOUGHTS



You don't need to overhaul your life overnight. Real, lasting change comes from small, consistent steps — **not from all-or-nothing thinking.**

This guide wasn't made to add pressure. It was made to remind you that living a healthy lifestyle doesn't have to be complicated, obsessive, or exhausting. You're allowed to feel good in your body and still live your life fully 🌸

Progress looks different for everyone. Some weeks you'll smash your steps, others you'll rest more. Some days you'll crave protein and veggies, others you'll enjoy pizza and wine. That's balance. **That's life.**

You are capable of reaching your goals without burning out.

You are allowed to go slow and still succeed.

You are more than a number on a scale or calories on a plate.

This is your journey 

**LIFE IS FOR LIVING. LET FITNESS BE THE
THING THAT ADDS TO IT, NOT TAKES
AWAY FROM IT.**