



THE STEWARDSHIP RESET

7 DAYS TO RECLAIM YOUR BODY AND SHARPEN YOUR MISSION

Steward the body. Strengthen the mission.

WELCOME TO THE STEWARDSHIP RESET

This isn't a crash diet. It isn't a punishing workout program. And it isn't another thing to add to your already full plate.

This is seven days of intentional, simple action designed to help you reconnect with the high performer you know you're supposed to be. The high performer who takes their health seriously. The high performer who shows up fully — in the gym, at the table, in every room they walk into.

Each day builds on the last. By day seven you won't just feel different. You'll have proof that you can do this. And that proof is where momentum begins.

Let's get to work.

Joseph Purtell

Founder, Shaped By Joseph

HOW THIS WORKS

- Each day has new habit/s to add, a stewardship reflection, and a cumulative habits checklist to keep you on track.
- The reflection is not a journaling exercise. Read it. Pause. Sit with it. That is enough.
- The resistance training sessions follow a full body superset format — legs, chest and back, shoulders, bis and tris.
- By day seven you will have built a foundation worth continuing.

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DAY 1

WHY YOU'RE HERE

You didn't stumble across this by accident. Something in you knew it was time. Maybe you caught your reflection and didn't recognize the person looking back. Maybe the gap between who you are physically and who you know you're supposed to be has been quietly growing for longer than you want to admit. Either way you're here. And that matters.

This week isn't about perfection. It's about intention. One decision at a time. One day at a time. That's how the reset begins.

THE STEWARDSHIP

You've built things. You've led people. You've shown up in rooms that demanded your best. But when was the last time you showed up for your own body with that same intention? Pause and sit with that question today.

TODAY'S NEW HABIT — HYDRATION

Drink 100oz of water today if you're a man, or 90oz if you're a woman. That's it. One habit. One day. Start there.

TODAY'S NEW HABIT — MOVEMENT

Take a 20 minute walk today. Put on a podcast. Redeem the time.

CONTINUED HABITS

- ☐ 100oz of water (men) / 90oz of water (women)
- ☐ 20 minute walk with a podcast

DAY 2

THE BODY YOU'VE BEEN GIVEN

You only get one. One body to carry everything you're called to do. Every deal you close, every person you lead, every moment you show up for your family — it all runs through this one instrument. And yet for most high performers the body is the last thing on the list. Not because they don't care. Because nobody ever framed it the right way.

This isn't vanity. It's stewardship. And stewardship starts with how you fuel and move the one body you were trusted with.

THE STEWARDSHIP

Your body isn't a trophy. It's a tool. And a neglected tool can't do the work it was built for. Sit with this today — what would it look like to treat your body like something worth taking care of?

TODAY'S NEW HABIT — NUTRITION

Eat protein with every meal today. Breakfast, lunch, and dinner. It doesn't have to be perfect. Just prioritize it.

TODAY'S NEW HABIT — STRETCH

Complete the daily stretch routine below.

THE DAILY STRETCH ROUTINE

Hold each stretch for 30 to 45 seconds. Move slowly and breathe through each one.

Hip Flexor Stretch

Kneel on one knee, drive your hips forward gently. Switch sides.

Hamstring Stretch

Seated or standing, reach toward your toes with a flat back.

Thoracic Rotation

Seated, cross arms over chest and rotate side to side slowly.

Chest Opener

Clasp hands behind back, squeeze shoulder blades and lift your chest.

Lat Stretch

Grab a doorframe or pole, lean back and let your lat open up. Switch sides.

Neck and Trap Release

Tilt your ear toward your shoulder slowly. Hold. Switch sides.

CONTINUED HABITS

- ☐ 100oz of water (men) / 90oz of water (women)
- ☐ 20 minute walk with a podcast
- ☐ Protein with every meal

DAY 3

WHAT YOU PUT IN

Nutrition is where most high performers either overthink it or ignore it entirely. They either track every gram with obsessive precision or they eat whatever's convenient and hope for the best. Neither extreme works long term. What works is a simple system built around your actual life.

Today is about one of the most underrated habits a high performer can build. Planning ahead. Five minutes tonight will save you from three bad decisions tomorrow.

THE STEWARDSHIP

Most high performers make their worst food decisions when they're hungry and unprepared. The high performer who plans is the high performer who wins. It's not complicated. It's just intentional. Sit with this today — where in your day are you making food decisions on autopilot that aren't serving you?

TODAY'S NEW HABIT — MEAL PLANNING

Before you go to bed tonight write down what you'll eat for breakfast, lunch, and dinner tomorrow. Keep it simple. Just plan it.

CONTINUED HABITS

- ☐ 100oz of water (men) / 90oz of water (women)
- ☐ 20 minute walk with a podcast
- ☐ Protein with every meal
- ☐ Daily stretch routine
- ☐ Meal planned for tomorrow

DAY 4

HOW YOU MOVE

Today you train. Not to punish yourself for what you ate. Not to earn the right to rest. But because your body was built to move and movement is one of the most powerful things you can do for your energy, your focus, and your presence in every room you walk into.

The format is simple. Full body. Every major muscle group. Superset style so you're efficient with your time and your energy. The goal today isn't to go through the motions. The goal is to show up to every set with intention.

THE STEWARDSHIP

Intensity isn't about how loud you are in the gym. It's about showing up to each set with a specific target and hitting it. Comfortable isn't progressive. Sit with this today — are you training to check a box or training to actually change?

TODAY'S NEW HABIT — ELIMINATE LIQUID CALORIES

Cut liquid calories today. Water, black coffee, and tea with zero calorie sweeteners only.

THE RESISTANCE TRAINING SESSION

Each session follows this format. Choose your exercises and execute with intention.

- Legs superset
- Chest and back superset
- Shoulders superset
- Bis and tris superset

Choose exercises that challenge you. The goal across your two sessions this week is to hit different heads of each muscle group so your body's trained completely and evenly by the end of the reset.

CONTINUED HABITS

- ☐ 100oz of water (men) / 90oz of water (women)
- ☐ 20 minute walk with a podcast
- ☐ Protein with every meal
- ☐ Daily stretch routine
- ☐ Meal planned for tomorrow
- ☐ Liquid calories eliminated

DAY 5

THE DRIFT

No high performer wakes up one day and decides to let their health go. It happens slowly. A busy season here. A hard week there. And then one day you look up and realize months have passed without a single intentional decision about your body. That's the drift. And it's more common than you think.

Today is about honesty. Not guilt. Not shame. Just an honest look at where things went off track and why. Because you can't build something new without understanding what led to where you are.

THE STEWARDSHIP

The drift doesn't happen because you're weak. It happens because you're devoted to everything else. Your work. Your family. Your calling. Your body got what was left over, which was usually nothing. Sit with this today — what has the drift actually cost you? Not hypothetically. Specifically.

TODAY'S NEW HABIT — MEAL AWARENESS

Bring awareness to all three meals today. Eat until you're satisfied, not full. No tracking, no counting. Just notice.

CONTINUED HABITS

- ☐ 100oz of water (men) / 90oz of water (women)
- ☐ 20 minute walk with a podcast
- ☐ Protein with every meal
- ☐ Daily stretch routine
- ☐ Meal planned for tomorrow
- ☐ Liquid calories eliminated
- ☐ Awareness over all three meals

DAY 6

THE DISCIPLINE MULTIPLIER

Here's what nobody tells you about getting your body right. It doesn't just change your body. It changes everything. Your focus sharpens. Your energy stabilizes. Your confidence in every room quietly shifts. The discipline you build in the gym doesn't stay in the gym. It spreads into your work, your relationships, your leadership, your mornings.

That's not a coincidence. Discipline multiplies discipline. And the high performer who figures that out early is the one who shows up fully in every area of their life.

THE STEWARDSHIP

Think about the areas of your life where you're most disciplined. Your work. Your finances. Your faith. Now imagine that same level of intentionality applied to your body every single day. Sit with this today — what would actually change if your physical discipline matched your professional discipline?

TODAY'S NEW HABIT — COOK REAL FOOD

Cook one high protein meal from scratch today. Keep it simple. Eggs, ground beef, chicken, salmon. Real food. Real fuel. No complicated recipe required.

CONTINUED HABITS

- ☐ 100oz of water (men) / 90oz of water (women)
- ☐ 20 minute walk with a podcast
- ☐ Protein with every meal
- ☐ Daily stretch routine
- ☐ Meal planned for tomorrow
- ☐ Liquid calories eliminated
- ☐ Awareness over all three meals
- ☐ One home cooked high protein meal

DAY 7

THE HIGH PERFORMER YOU'RE BECOMING

You made it to day seven. And if you've been showing up to each day with intention, something has already shifted. Not just physically. In how you think about your body. In how you approach your day. In the small decisions you've been making that you wouldn't have made a week ago.

That's not nothing. That's the beginning of something. Today you train one final time. And then you close this reset the same way you opened it — with honesty about who you are and who you're becoming.

THE STEWARDSHIP

The high performer who stewarded their body this week is the same person who'll steward their business, their family, and their legacy with greater intention. This week wasn't just about food and training. It was about proving to yourself that you can show up consistently for something that matters. Sit with this today — who's the high performer you want to be six months from now? What do they look like? How do they carry themselves? What did it take to become them?

TODAY'S NEW HABIT — HONEST REFLECTION

Reflect honestly on how you ate and moved this week. No guilt. No grading yourself. Just honest awareness of what served you and what didn't.

THE RESISTANCE TRAINING SESSION

Each session follows this format. Choose your exercises and execute with intention.

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- ☐ One home cooked high protein meal

A NOTE FROM JOSEPH

You just did something most people never do. You showed up for seven days with intention. You moved your body. You fueled it with purpose. You sat with the hard questions instead of avoiding them. That's not small.

But here's what I want you to know. This week was a taste. A glimpse of what it feels like when your body's working with you instead of against you. And if seven days can do this, imagine what six months of a system built specifically around your life could do.

The high performers I work with aren't looking for motivation. They've already got that. They're looking for structure, accountability, and a coach who understands the life they're actually living. If that's you, the next step is simple.

**The reset was the beginning.
Let's build what comes next.**

Apply at shapedbyjoseph.com

Joseph Purtell

Founder, Shaped By Joseph
shapedbyjoseph.com

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