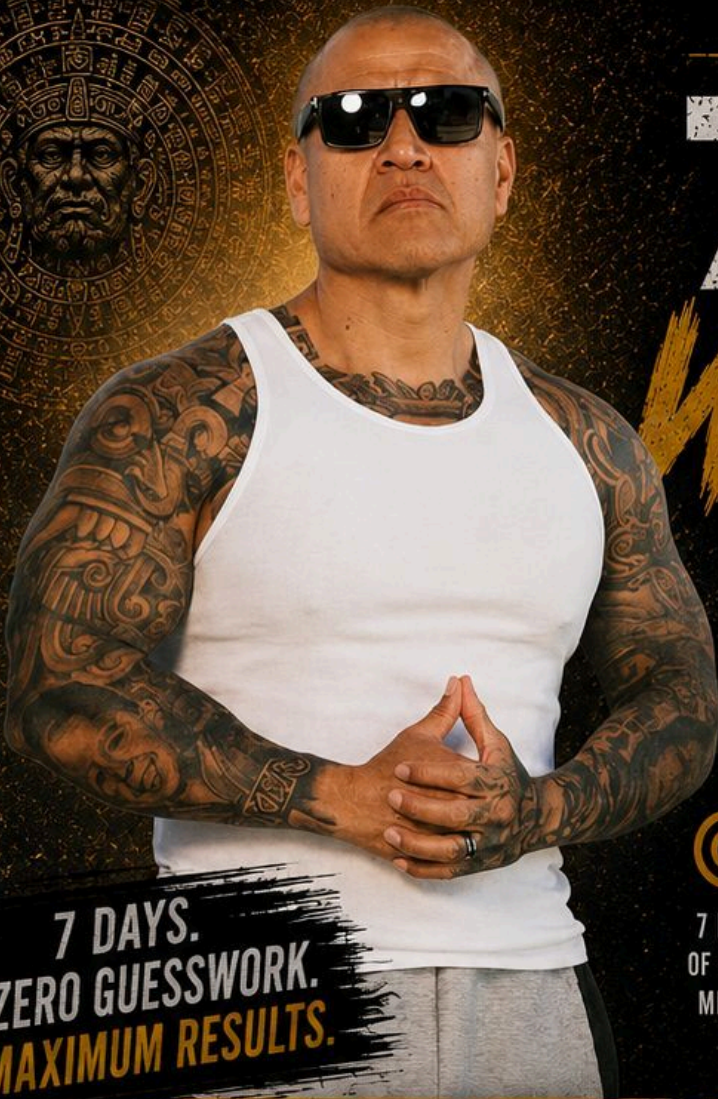




THE 7-DAY WARRIOR RESET

A CLEAN EATING JUMPSTART GUIDE

7 DAYS.
ZERO GUESSWORK.
MAXIMUM RESULTS.



7 DAYS
OF EXACT
MEALS



EXACT
PORTIONS.
NO GUESSING.



SIMPLE.
CLEAN.
EFFECTIVE.



JUMPSTART
FAT LOSS,
ENERGY & FOCUS



BUILD
CONFIDENCE.
BUILD MOMENTUM.

7 DAYS OF EXACT MEALS. EXACT PORTIONS. EXACT RESULTS.
NO COUNTING. NO STRESS. JUST FOLLOW THE PLAN.



COMPLETE GROCERY LIST

Everything you need.
Nothing you don't.



MEAL PREP MADE SIMPLE

Step-by-step plan to
prep like a pro.



BUDGET FRIENDLY SWAPS

Save money without
sacrificing results.



ZERO GUESSWORK

Exact meals. Exact portions.
Follow it. Get results.

A 7-DAY JUMPSTART TO
**RESET YOUR HABITS,
RECHARGE YOUR BODY &
RECLAIM YOUR DISCIPLINE.**

- ✓ FEEL LIGHTER. MORE ENERGIZED.
- ✓ KICK SUGAR CRAVINGS.
- ✓ IMPROVE DIGESTION & SLEEP.
- ✓ BUILD MOMENTUM THAT LASTS.
- ✓ SET THE STANDARD. BE THE STANDARD.

CLEAN FOOD.
REAL RESULTS.
**WARRIOR
DISCIPLINE.**

★★★★★

7 DAYS TO RESET. A LIFETIME TO TRANSFORM.

START CLEAN. STAY DISCIPLINED. BECOME UNSTOPPABLE.

SEVEN DAYS TO TAKE BACK CONTROL

You're not here for another long program. You're here because something slipped. The discipline faded. The standard dropped. The momentum died. And if you don't take it back now, the drift becomes who you are.

This is the reset. Seven days. Seven clear missions. Seven wins, stacked one on top of the next. That's how you break the inertia. That's how you remind yourself what you're capable of when you decide to act.

Be honest about what seven days can and can't do. It will not transform your body — no week does that, and any program that promises it is lying to you. But seven disciplined days will do something far more valuable. It will rebuild your momentum. It will reset your standard. And it will prove to you that you can still keep your word to yourself. That proof is the seed everything else grows from.

Each day has one focused mission. Win it. Mark it. Don't break the chain. Seven days from now you won't be a finished man — but you will be a man who has remembered how to lead himself.

 This is general fitness and nutrition education, not medical or dietary advice. Scale every workout to your ability, eat enough to fuel the work, and avoid extreme restriction. Consult a qualified professional if managing a medical condition.

**MOMENTUM IS BUILT THE SAME WAY
IT IS LOST:**

**ONE DAY AT
A TIME.**

Seven days from now, you decide which direction it moves.



HOW THE RESET WORKS

Two layers. One purpose. Rebuild the only thing that matters: **the habit of keeping your word to yourself.**

DAILY MISSIONS

One objective. One day. Each mission targets a different area of your life and forces you to show up. Win the mission. Build the structure.

NON-NEGOTIABLES

A set of standards you hit every single day. No exceptions. No negotiations. These aren't optional — they build the streak.

YOUR DAILY NON-NEGOTIABLES — ALL 7 DAYS



MOVE

Train. Move with purpose. A short, hard session still counts — but you don't get to skip it.



FUEL

Protein anchors every meal. Real food builds the plate. Liquid calories get cut — no debate.



HYDRATE

Water. Steady. All day. Not when you remember — consistently.



SLEEP

Guard your sleep like it's the most important training you do. It is. The reset runs on it.



DISCIPLINE

Finish the day's mission. Then do one hard thing you'd rather skip. That's the rep that matters most.



Log every win on the tracker. Seven days. One rule: **do not break the chain.**

RECLAIM THE MORNING

WHY IT MATTERS

The morning sets everything. How you start it decides how you carry yourself through the rest of the day. Most men hand it over — to the snooze button, to the phone, to whatever pulls at them first. Not today. You take it back. The morning is yours. Win it first.

TODAY'S MISSION

- Pick a wake time. Get up on the first alarm. No snooze. No back-and-forth. Just get up.
- Before you touch the phone — drink a full glass of water and get your body moving for a few minutes.
- Make your bed. Then lock in the one thing that has to get done today. One objective. That's it.
- Hold the line on every daily non-negotiable. All five. No exceptions.

The Challenge: Can you own the first hour before the world gets a shot at you?



MOVE WITH PURPOSE

WHY IT MATTERS

A body that stops moving forgets how to go. The longer you stay still, the louder the excuses get. Today you break that. No perfect gym. No perfect plan. Your body is the tool. Use it.

The Challenge: When the excuse shows up — and it will — do you train anyway? Because that's the man you're building.

TODAY'S MISSION

1 TRAIN WITH REAL EFFORT

Full session if you've got it. Hard bodyweight circuit if you don't. Either way, you show up and you work.

2 MOVE HARD FOR 20 MINUTES

No gym, no problem. Find twenty minutes and move like it matters — because it does.

3 PUSH PAST THE STOP POINT

That moment you want to quit? That's where the real work starts. Go past it.



FUEL THE FIGHT

WHY IT MATTERS

You can't outwork bad eating. Period. Today you eat like a man on a mission — not a man chasing cravings. Protein first. Real food. And you face the truth about what you're drinking without thinking. This isn't a diet. This isn't starvation. This is intention.

TODAY'S MISSION

- Start every meal with protein. Eat it first. No exceptions.
- Fill your plate with real, whole food. Vegetables lead. Everything else follows.
- Zero liquid calories today — water and unsweetened drinks only. That's the rule.
- Stay locked in on all five daily non-negotiables. Hold the line.

The Challenge: Just one full day — can you let your mission decide what goes in your mouth instead of your mood?

- ✅ Protein first. Real food. No liquid calories. One day of locked-in intention rewires the pattern.



CONQUER YOUR SLEEP

Sleep isn't optional — it's the foundation. It controls your hunger, your energy, and the willpower you need to stay locked in. Most men destroy their progress at night without even realizing it. Today that changes. Recovery is a discipline. Treat it like one.

SET A FIRM BEDTIME

Pick your bedtime right now. One that gives you a full night. Write it down. Commit to it. No negotiating when the hour comes.

SHUT DOWN SCREENS

Kill the screens well before bed. No scrolling. No stimulation. Let your mind go quiet. You've earned the rest — now let it happen.

PREPARE THE ENVIRONMENT

Dark room. Cool temperature. Quiet. Set the conditions for real recovery. Don't leave it to chance — set it up like you mean it.

HOLD THE NON-NEGOTIABLES

Sleep is part of the mission. Protect it the same way you protect your training. Rest isn't weakness. It's how you show up stronger tomorrow.

The Challenge: Tonight — can you lock in your sleep the same way you lock in your training? One night. Full commitment. Prove it.

KILL A WEAKNESS

WHY IT MATTERS

Every man has a weakness he keeps running back to. A habit. An excuse. A comfortable lie. And as long as he protects it, it owns him. Today you stop protecting it. You name it. You face it. You take one direct swing. You don't have to finish it today — you just have to prove it can be hit.

TODAY'S MISSION

- Write down the one weakness or excuse that has been holding you back. Put it on paper. Make it real.
- Take one concrete, uncomfortable action against it today. Right now. No waiting, no negotiating.
- Do the one hard thing you've been avoiding the most. That's the one. Go there.
- Hold the line on all five daily non-negotiables. No exceptions today.

The Challenge: What weakness have you been covering for — and how different does your life look the moment you finally go after it?



STRENGTHEN YOUR MIND

Your body can be a weapon. But if your mind isn't right, it's aimed at nothing. Today you train the part that runs everything — your thoughts, your composure, your standards. You don't react. You choose. You stop the spiral before it starts. You sit with what's hard. That's how you take command.



SHUT DOWN NEGATIVE SELF-TALK

The second it starts, you shut it down. No negotiating with it. Replace it with the standard you're holding right now — not a hope, not a wish. A standard.



TEN MINUTES OF SILENCE

No phone. No noise. No input. Ten minutes, just you and your mind. This isn't rest — this is work. You're building the muscle that controls everything else.



SIT WITH DISCOMFORT

Pick one discomfort today and don't run from it. Stay there. Watch it pass. When it does, you'll know something most men never figure out — you're the one in charge.

The Challenge: Right now, in this moment — are you running your mind, or is your mind running you?

LEAD AND COMMIT

Six days. Six wins. Now you finish it. Not just the week — the version of you that drifts back to old habits. That man doesn't get to come back. Take a hard look at who showed up this week. That's the standard now. Own it. Carry it forward. And then do what real leaders do — live it where it counts, in front of the people watching you.

1

REVIEW YOUR TRACKER

Look at your wins. Count them. Don't minimize what you just built — own it fully.

2

DEFINE YOUR STANDARD

Write down what stays. Not wishes. Non-negotiables. They start tomorrow — not when it's convenient.

3

LEAD BY EXAMPLE

Someone is watching you. Do one thing today that shows them exactly who you've decided to be.

4

FINISH THE CHAIN

All five non-negotiables. Today. End the week the way you built it — unbroken.

The Challenge: The reset is done. You decide right now — was this a moment, or was this the turning point?

THE 7-DAY TRACKER

Do Not Break the Chain. Every win gets marked the moment you earn it. No rounding up. No excuses. These boxes don't lie — they show exactly who showed up. Fill every one of them before this week is done.

Day	Mission	Move	Fuel	Sleep	Win
1	Reclaim the Morning	☐	☐	☐	☐
2	Move with Purpose	☐	☐	☐	☐
3	Fuel the Fight	☐	☐	☐	☐
4	Conquer Your Sleep	☐	☐	☐	☐
5	Kill a Weakness	☐	☐	☐	☐
6	Strengthen Your Mind	☐	☐	☐	☐
7	Lead and Commit	☐	☐	☐	☐

- ✔ Seven boxes. Seven days. Complete them all and you'll hold the only proof that matters — written by your own hand — that the man you've been looking for has been there the whole time.

THE RESET WAS THE BEGINNING

Seven days ago you were lost in the drift. You broke through that inertia, stacked seven back-to-back wins, and showed yourself something that no single workout or meal could ever prove: **you can still set a standard and hold it.**

That is exactly what this reset was built for. Not to transform your body in seven days — nobody does that — but to get your hands back on the wheel and remind you of something you already knew: you are the one who decides where this goes.

Now the real work begins. A reset is a door, not a destination. The man who treats these seven days as a one-time fix will be back in the drift before the month is out. The man who treats them as a turning point locks in the non-negotiables, raises the bar, and rides the momentum he just built.

Don't let this be a moment you look back on. Make it the line — the exact day you stopped drifting and started leading yourself on purpose.

**SEVEN
DAYS
PROVED
YOU CAN.**

Every day after this is you deciding whether you will.



SEVEN DAYS IN. DON'T STOP NOW.

You held the standard. You showed up every single day and you proved it. Now we build. **Guerrero Fitness** is the system that takes what you just started and turns it into something permanent — the training, the nutrition, the accountability, and a coach who will not let you drift back to where you were.



APPLY FOR COACHING

This is personalized — built around your life, your goals, your schedule. You get training, nutrition, and a coach in your corner who will hold you to the exact standard you just proved you're capable of keeping.

JOIN THE WARRIOR SHRED

You've got momentum. Don't waste it. Six weeks of real work, real results, built straight on the foundation you laid this week. No excuses. No going back. Just progress.

APPLY TO BECOME A GUERRERO

The next level demands a higher standard. Join the Guerrero community and commit to the full picture — build the body, master the mind, and lead your life the way you know you're meant to.

GUERRERO FITNESS

Build the Body. Master the Mind. Lead Your Life.