
RENAISSANCE HEALTH & FITNESS

Daily Checklist

8-Week Transformation Course

SUNLIGHT · MOVEMENT · NUTRITION · BREATHWORK
EARTHING · JOURNALING · MEDITATION · BALANCE

How to Use *This Checklist*

YOUR DAILY ACCOUNTABILITY COMPANION

Print one page per day, or use as a weekly log. Check boxes as you complete each practice.

Meditation Progression

WKS 1-2
KOUAS ONLY

WKS 3-4
+ CHAKRA

WKS 5-8
ALL THREE

☐ Weeks 1-2: Kouas Biofield Reset only
Begin Day 1 — Dr. Paul Drouin video daily

☐ Weeks 3-4: Add Chakra Meditation
Kouas + Chakra both daily from Week 3

☐ Weeks 5-8: All three meditations daily
Pro-Consciousness adds in Week 5

Daily Pillars — Every Day

☐ 3 × 5 min sunlight
Morning, midday, evening

☐ 3 × post-meal walks
5-10 min after each meal

☐ Workout (5 days/week)
10-20 min · 2-3 sets · 5-15 reps

☐ Breathwork
Diaphragmatic + chosen technique

☐ 5-10 min journaling
Gratitude · goal · reflection · release

☐ Earthing + light environment
Barefoot outdoors · red light at night

☐ Meditation practice(s) for your week
See progression above

Workout Day Reference

5 DAYS / WEEK

DAY 1
TOTAL BODY

DAY 2
PUSH DAY
(HORIZONTAL)

DAY 3
LOWER PULL
+ VERTICAL

DAY 4
PUSH DAY 2
(HORIZONTAL)

DAY 5
ACTIVE /
FLEX DAY

DAYS 6-7
REST &
RESTORE

Push (Horizontal): Chest press + horizontal row · Lower: squat ↔ lunge alternating + pull-up/lat pulldown

Equipment: Kettlebells · Dumbbells · Barbells · TRX · Rings · Machines

Lower Pull + Vertical: Nordic curl ↔ KB swing · Overhead press

RENAISSANCE HEALTH & FITNESS · BE FLEXIBLE · BE COMMITTED · TRUST THE PROCESS

Weeks 1-2 · The 7-Day Reset

PHASE 1 · FOUNDATION

Establishing rhythm. Meditation begins on Day 1 with the Kouas Biofield Reset.

DATE

Daily Score / 26

Sunlight

3x DAILY

☐ Morning sunlight
5 min outside — ideally before coffee

☐ Midday sunlight
5 min — strongest UVB window

☐ Evening sunlight
5 min — sunset light anchors melatonin

Post-Meal Walks

3x DAILY

☐ After breakfast
5-10 min · barefoot if possible

☐ After lunch
5-10 min · blood sugar regulation

☐ After dinner
5-10 min · combine with evening sunlight

Workout — 10-20 min

5 DAYS/WEEK

☐ Today's training type:
Total Body · Push Day · Lower Pull · Push Day 2 · Active/Flex · Rest☐ Workout complete
2-3 sets · 5-15 reps · prioritize form over load

Breathwork

DAILY

☐ Diaphragmatic breathing
5 min · belly rises first, not chest☐ Technique practice
4-7-8 · Box 5x5 · Nostril · Diaphragmatic☐ Vagus nerve reset
Refer to Stress Guide for protocol

Journaling

5-10 MIN

☐ What needs to be processed or released?☐ One moment of genuine gratitude☐ One goal for today☐ One reflection on my journey☐ If struggling — action step or ask for help

Earthing & Light

DAILY

☐ Barefoot grounding time
Grass, soil, sand, or stone☐ Full-spectrum lighting used during day
Hooga or Block Blue Light recommended☐ Red / warm light switched on after sunset
Protect melatonin — no blue light past dusk☐ Night routine followed
Refer to your Sleep Guide

Meditation — Weeks 1-2

DAILY

WKS 1-2 KOUAS	WKS 3-4 + CHAKRA	WKS 5-8 + PRO-CON
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☐ Kouas Biofield Reset
Dr. Paul Drouin guided video · 10 meridian energy points · focus on intention

☐ Chakra Meditation — unlocks Week 3
ROYGBIV · 5-10 min · use brain.fm

☐ Pro-Consciousness — unlocks Week 5
20 min · Vogel crystal · projectnoosphere.com

TODAY'S SCORE

Total checked: / 26

Weeks 5-8 · Full Practice

PHASE 3 · ALL THREE MEDITATIONS ACTIVE · THE FULL RENAISSANCE

All three meditations daily from Week 5. Spread them across your day. Be flexible and committed.

DATE

Daily Score / 30

 Sunlight + Walks

DAILY

☐ Morning sunlight — 5 min

☐ Midday sunlight — 5 min

☐ Evening sunlight — 5 min

☐ Post-breakfast walk
5-10 min

☐ Post-lunch walk
5-10 min

☐ Post-dinner walk
5-10 min

 Workout + Nutrition

5 DAYS/WEEK

☐ Training type:

☐ Workout complete
Progressive overload — slightly heavier or more sets

☐ Protein target met
30-40 g per meal

☐ 20-30 g fiber
Fruits and vegetables · logged on PT Distinction

☐ Earthing + red light at night
Night routine followed

 Meditation — Weeks 5-8 · All Three Daily

SPREAD ACROSS YOUR DAY

WKS 1-2 KOUAS	WKS 3-4 + CHAKRA	WKS 5-8 ALL THREE ✓
☐ Kouas Biofield Reset Dr. Paul Drouin guided video · 10 meridian energy points · focus on intention, not words	☐ Pro-Consciousness Meditation 20 min · Vogel crystal · 10 min third eye · 5 min root · 5 min heart · awake inside	
☐ Chakra Meditation — The Rainbow 5-10 min · ROYGBIV root → crown · sit upright · use brain.fm	☐ brain.fm used for meditation sessions Supports entry into meditative states · brain.fm	

 Breathwork + Journaling

☐ Diaphragmatic breathing — 5 min

☐ Technique: 4-7-8 · Box 5x5 · Nostril

☐ Vagus nerve reset
Stress Guide

☐ Journaling complete
Gratitude · goal · reflection · release

 Balance, Joy & Reflection

☐ Hobby or joyful activity
Fully unplug

☐ Quality time with family/loved ones

☐ Mood and energy check-in
Weeks 7-8: journal on meditation experiences

TODAY'S SCORE

Total checked: / 30

Weekly Reflection

END-OF-WEEK CHECK-IN

Spend 10-15 minutes at the end of each week honestly reviewing your progress. No judgment — only awareness.

WEEK # _____

Dates: _____

 Weekly Score

☐ Sunlight (21 possible)
Score: /21

☐ Walks (21 possible)
Score: /21

☐ Workouts (5 possible)
Score: /5

☐ Breathwork (7 possible)
Score: /7

☐ Journaling (7 possible)
Score: /7

☐ Meditation (7 possible)
Score: /7

 How Did I Feel This Week?

Rate 1-10. Circle one.

Energy level: 1 2 3 4 5 6 7 8 9 10

Sleep quality: 1 2 3 4 5 6 7 8 9 10

Mood / stress: 1 2 3 4 5 6 7 8 9 10

Digestion: 1 2 3 4 5 6 7 8 9 10

Training performance: 1 2 3 4 5 6 7 8 9 10

 Weekly Reflection — Write Freely

What went well? What was hard? What do you want to do differently next week? What are you most grateful for from this week?

 Next Week's Intentions

One thing to improve. One thing to maintain. One thing to explore.