



ROOTED FITNESS

The 7-Day Kickstart Protocol

*Your Pre-Challenge Jumpstart to
The Stronger After 40 Starter Challenge*

Get ready to hit the ground running
when the challenge begins.

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Welcome to The Bloom

I'm so glad you're here.

You've taken the first step. You joined The Stronger After 40 Starter Challenge. You said yes to yourself. You decided that this season doesn't have to be the end of feeling strong — it can be the beginning.

Now it's time to get ready.

The Stronger After 40 Starter Challenge starts in **one week**. Before we dive into Week 1, I want to give you 7 days to ease into the work. No pressure. No overwhelm. Just simple daily actions that prepare your body, your mind, and your space for what's ahead.

Think of this as your runway. The week before takeoff.

How To Use This Protocol

- **Start 7 days before the challenge begins.** If the challenge starts on a Monday, start this on the previous Monday.
- **Do the work in order.** Each day builds on the last.
- **Check off each task as you complete it.** There's something powerful about seeing progress.
- **Don't aim for perfect. Aim for consistent.** If you miss a day, just pick up where you left off.
- **Reach out if you need help.** Post in the community or DM me. You're not doing this alone.

What You'll Need

EQUIPMENT

- A pair of dumbbells (5–15 lb) — you'll need these for the challenge too
- A yoga mat or towel (for floor work)
- A water bottle
- A journal or notebook (for mindset practices)

NOT NEEDED

- A gym membership
- Any other equipment
- Perfect weather
- Perfect motivation

All you need is a willingness to show up.

DAY 1

Foundation

Theme: Set your baseline

MORNING — 10 MINUTES

✓ Calculate your daily protein target

Take your body weight in pounds and multiply it by 0.8 to 1.0. That number (in grams) is your daily protein target.

Formula: *Body weight (lbs) × 0.8 to 1.0 = Daily protein target (grams)*

Examples:

- 140 lbs × 0.9 = 126 grams per day
- 160 lbs × 0.9 = 144 grams per day
- 180 lbs × 0.9 = 162 grams per day
- 200 lbs × 0.9 = 180 grams per day

Write this number down and put it on your fridge.

THROUGHOUT THE DAY

✓ Drink half your body weight in ounces of water

If you weigh 160 pounds, drink 80 ounces of water today.

Tip: Fill up a water bottle in the morning and aim to finish it by dinner. Refill and finish another before bed.

AFTERNOON — 20–30 MINUTES

✓ Take a 20–30 minute walk

Walk at a conversational pace. Outside if possible (sunlight matters), inside if not.

Don't worry about intensity. Just move your body. Get your blood flowing. Breathe some fresh air.

EVENING — 5 MINUTES

✓ Mindset practice: Whisper your why

Before bed, place one hand on your heart and whisper:

“I am training for the woman I'll be at 70.”

Say it slowly. Feel it. Let it land.

REFLECTION — 2 MINUTES

Journal prompt: *What does “strong” mean to me right now — and what would it mean to me in 10 years?*

Write whatever comes to mind. There's no wrong answer.

Day 1 Checklist

- Calculated my protein target
- Wrote my protein target on the fridge
- Drank half my body weight in ounces of water
- Took a 20–30 minute walk
- Whispered my why before bed
- Journalled for 2 minutes

DAY 2

Movement

Theme: Build the habit of moving daily

MORNING**✓ Eat protein at breakfast**

Aim for 25–30 grams of protein at your first meal.

Easy options:

- 3 eggs = 18g
- Greek yogurt (1 cup) = 20g
- Protein shake = 20–25g
- Cottage cheese (1 cup) = 25g

THROUGHOUT THE DAY**✓ Drink your water**

Continue hitting half your body weight in ounces.

AFTERNOON — 30–45 MINUTES**✓ Take a 30-minute walk**

Same as yesterday, but go a little longer. Notice how your body feels.

Optional: Walk with a friend, listen to a podcast, or call someone you love. Make it enjoyable.

EVENING — 5 MINUTES**✓ Mindset practice: Notice without fixing**

Sit or lie down comfortably. Close your eyes. Take three slow breaths.

Ask yourself: *Where in my body do I feel tension right now?*

Don't try to change it. Just notice it. Breathe into it for 60 seconds.

Then say a prayer of gratitude for what your body can do today.

REFLECTION — 2 MINUTES

Journal prompt: *Where am I holding tension I haven't acknowledged?*

Day 2 Checklist

- Ate 25–30g of protein at breakfast
- Drank half my body weight in ounces of water
- Took a 30-minute walk
- Noticed tension in my body without trying to fix it
- Said a prayer of gratitude
- Journalled for 2 minutes

DAY 3

Strength Prep

Theme: Introduce your body to strength training

MORNING**✓ Eat protein at every meal today**

Aim for 25–30g at breakfast, lunch, and dinner.

Track it in an app or on paper. Just for today, notice where you actually land. You might be surprised.

THROUGHOUT THE DAY**✓ Drink your water****AFTERNOON — 15–20 MINUTES****✓ Try 10 bodyweight squats**

Stand with your feet shoulder-width apart. Sit back like you're sitting in a chair. Stand back up.

That's one rep. Do 10.

Don't worry about form perfection. Just feel the movement. Notice how your legs and glutes engage.

Optional: Do 10 more. Or 10 more after that. Listen to your body.

EVENING — 10 MINUTES**✓ Take a 20–30 minute walk**

Yes, another walk. Walking is your secret weapon in this season.

MINDSET PRACTICE — 5 MINUTES**✓ Place one hand on your heart**

Stand in front of a mirror. Look at yourself — not to critique, but to witness.

Say out loud: “This body is doing the work.”

REFLECTION — 2 MINUTES

Journal prompt: *What is one physical thing I want to still be doing 20 years from now?*

Day 3 Checklist

- Ate protein at every meal
- Drank my water
- Tried 10 bodyweight squats
- Took a 20–30 minute walk
- Said “This body is doing the work” in the mirror
- Journalled for 2 minutes

DAY 4

Sleep + Stress

Theme: Optimize your recovery

MORNING — 10–15 MINUTES

✓ Get 10–15 minutes of sunlight

Go outside within the first hour of waking. Sit on your porch. Walk to the end of your driveway. Stand in your backyard.

No sunglasses. Let the light hit your eyes.

This sets your circadian rhythm for the day and improves sleep tonight.

THROUGHOUT THE DAY

✓ Cut caffeine after 2 PM

If you normally drink coffee in the afternoon, swap it for herbal tea or sparkling water.

Why: Perimenopause and menopause make cortisol more reactive. Late caffeine wrecks deep sleep, which is when your body repairs and burns fat.

AFTERNOON — 30 MINUTES

✓ Take a 30-minute walk

Notice how you feel different when you've had sunlight and limited caffeine.

EVENING — 15 MINUTES

✓ No screens 1 hour before bed

Turn off your phone, TV, and tablet. Read a book. Take a bath. Stretch. Just be.

Why: Blue light from screens suppresses melatonin, the hormone that helps you sleep.

✓ 5 minutes of deep breathing before bed

Try box breathing: Inhale for 4 counts. Hold for 4 counts. Exhale for 4 counts. Hold for 4 counts. Repeat.

This activates your parasympathetic nervous system (rest and digest) and signals safety to your body.

REFLECTION — 2 MINUTES

Journal prompt: *What does my body need tonight that it didn't get last night?*

Day 4 Checklist

- Got 10–15 minutes of morning sunlight
- Cut caffeine after 2 PM
- Took a 30-minute walk
- No screens 1 hour before bed
- Did 5 minutes of deep breathing
- Journalled for 2 minutes

DAY 5

Nutrition Focus

Theme: Dial in your protein

MORNING**✓ Calculate your daily protein target again**

Do you remember it from Day 1? Write it down again.

THROUGHOUT THE DAY**✓ Hit your protein target every meal**

Aim for 25–30g of protein at breakfast, lunch, dinner, and snacks.

Easy protein sources:

- Eggs (6g per egg)
- Greek yogurt (15–20g per cup)
- Cottage cheese (25g per cup)
- Chicken breast (30–35g per 4 oz)
- Fish (25–30g per 4 oz)
- Protein powder (20–25g per scoop)

AFTERNOON — 30 MINUTES**✓ Take a 30-minute walk**

Bonus: Walk after a meal to help stabilize blood sugar.

DRINK YOUR WATER**✓ Half your body weight in ounces****EVENING — 5 MINUTES****✓ Mindset practice: Thank your body**

Before bed, place one hand on your heart and say:

“Thank you for carrying me through this day. Thank you for showing up. Thank you for trying.”

REFLECTION — 2 MINUTES

Journal prompt: *When did I last thank my body instead of judge it?*

Day 5 Checklist

- Calculated my protein target
- Hit my protein target at every meal
- Took a 30-minute walk
- Drank my water
- Thanked my body before bed
- Journalled for 2 minutes

DAY 6

Joyful Movement

Theme: Move because it feels good

MORNING**✓ Eat protein at breakfast**

25–30g to start your day strong.

THROUGHOUT THE DAY**✓ Drink your water****AFTERNOON — 30–45 MINUTES****✓ Choose ONE joyful movement**

- 30-minute walk with a friend
- 20-minute dance party to music you love
- 20-minute bike ride
- 25-minute yoga flow
- Anything else that makes you feel alive

Move because it feels good. Not to earn anything. Not to burn calories. Just for joy.

EVENING**✓ Eat a real, beautiful meal**

Sit down at a table. No phone. No standing at the counter.

Protein, color, fat, fiber. Chew slowly.

This is nervous-system work as much as it is nutrition.

MINDSET PRACTICE — 5 MINUTES**✓ Reflect on joyful movement**

Ask yourself: *What kind of movement made me feel most alive when I was younger?*

Can I bring even 10% of that back?

REFLECTION — 2 MINUTES

Journal prompt: *What did joyful movement feel like today?*

Day 6 Checklist

- Ate 25–30g of protein at breakfast
- Drank my water
- Did ONE joyful movement (walk, dance, bike, yoga)
- Ate a real, beautiful meal sitting down
- Reflected on joyful movement
- Journalled for 2 minutes

DAY 7

Reflect + Prepare

Theme: Get ready for Week 1

MORNING

✓ Eat protein at breakfast

25–30g. You're building the habit.

THROUGHOUT THE DAY

✓ Drink your water

AFTERNOON — 45–60 MINUTES

✓ Take a 30-minute walk

This is your last pre-challenge walk. Enjoy it.

✓ Prep your space for Week 1

- Clear a space in your home for workouts (living room, bedroom, garage)
- Set up your dumbbells and mat in that space
- Put your water bottle nearby
- Print or save the Week 1 workout (you'll receive it soon)
- Put your journal in your workout space

EVENING — 10 MINUTES

✓ Review your week

Ask yourself:

- What went well this week?
- What was harder than I expected?
- What do I want to do differently in Week 1?
- How do I feel in my body right now compared to Day 1?

MINDSET PRACTICE — 5 MINUTES

✓ Stand in front of a mirror

Look at yourself. Place one hand on your heart.

Say out loud:

“I am ready. I am strong. I am blooming.”

REFLECTION — 2 MINUTES

Journal prompt: *What is one habit from this week I will keep no matter what?*

Day 7 Checklist

- Ate protein at breakfast
- Drank my water
- Took a 30-minute walk
- Prepped my space for Week 1
- Reviewed my week
- Said “I am ready. I am strong. I am blooming.”
- Journalled for 2 minutes

You're Ready

You've completed the 7-Day Kickstart Protocol. You've shown up for 7 days in a row. You've built the habits. You've prepared your body, your mind, and your space.

The Stronger After 40 Starter Challenge begins in **one week**.

You'll receive:

- Week 1 teaching video: *Why Your Body Changed*
- Week 1 workouts (3 sessions)
- Access to the private community
- Calendar invite for the first live Q&A call

You're not starting from scratch. You've already laid the foundation.

You're ready to bloom.

What To Do Next

TODAY

- Post in the community: "I just finished the 7-Day Kickstart Protocol. I'm ready for Week 1!"

TOMORROW (DAY 1 OF THE CHALLENGE)

- Watch Week 1 video: *Why Your Body Changed*
- Do Workout 1: Full Body Foundation
- Post your first workout in the community

THIS WEEK

- Complete all 3 workouts
- Hit your protein number every day
- Drink your water
- Show up

Final Words

You did it. You showed up for 7 days. You prepared your body, your mind, and your space. You said yes to yourself, day after day.

Most women don't do that. Most women start and quit. Most women let life get in the way. Most women put themselves back on the list... tomorrow.

But not you.

You're here. You're ready. You're blooming.

Have faith and keep training,

Louise Bagnaschi, CPT

Founder, Rooted Fitness

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