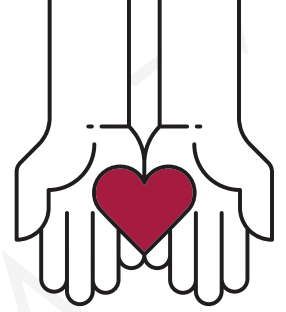


30-DAY HEART PLAN



How to use: Each day, complete 3 micro-goals: (1) Movement, (2) Nutrition/Plate, (3) Stress–Sleep.

Day 1 ☐ Movement: Walk 20 min (moderate pace) ☐ Nutrition: Plate: half vegetables + olive oil ☐ Stress/Sleep: Breathing 4–6 (5 min)	Day 2 ☐ Movement: Stairs, total 10 floors ☐ Nutrition: Choose sugar-free drinks ☐ Stress/Sleep: Stop screens 60 min before bed	Day 3 ☐ Movement: Walk 25 min ☐ Nutrition: Add whole grains (bulgur/rye) ☐ Stress/Sleep: Daylight exposure 10 min	Day 4 ☐ Movement: Strength 15 min at home (bodyweight) ☐ Nutrition: Unsalted nuts, 1 handful ☐ Stress/Sleep: Write 3 notes: gratitude/end-of-day	Day 5 ☐ Movement: Walk 30 min ☐ Nutrition: Fish or omega-3-rich meal ☐ Stress/Sleep: Breathing 4–6 (5 min)
Day 6 ☐ Movement: Stretching 10 min ☐ Nutrition: Legume meal (lentil/chickpea) ☐ Stress/Sleep: No caffeine after 2:00 p.m.	Day 7 ☐ Movement: Walk 20 min ☐ Nutrition: Add yogurt/kefir (probiotics) ☐ Stress/Sleep: Fluids: 6–8 glasses	Day 8 ☐ Movement: Brisk walk 25 min ☐ Nutrition: No frying; bake/boil instead ☐ Stress/Sleep: 30 min screen-free reading	Day 9 ☐ Movement: Strength 15 min (chair squats, wall push-ups) ☐ Nutrition: Vegetable soup + lemon ☐ Stress/Sleep: Breathing 4–6 (5 min)	Day 10 ☐ Movement: Walk 30 min ☐ Nutrition: Eat fruit whole (not juice) ☐ Stress/Sleep: Go to bed at a consistent time
Day 11 ☐ Movement: Stairs, total 12 floors ☐ Nutrition: No processed meats (sausage/salami) ☐ Stress/Sleep: Short meditation 7 min	Day 12 ☐ Movement: Walk 25 min ☐ Nutrition: Salt < 5 g/day (read labels) ☐ Stress/Sleep: Daylight 10 min	Day 13 ☐ Movement: Stretching 12 min ☐ Nutrition: Whole-grain + vegetable meal ☐ Stress/Sleep: Keep the phone outside the bedroom	Day 14 ☐ Movement: Walk 30 min (change park/route) ☐ Nutrition: Legume salad ☐ Stress/Sleep: Breathing 4–6 (7 min)	Day 15 ☐ Movement: Strength 18 min ☐ Nutrition: Reduce portion of red meat ☐ Stress/Sleep: 45 min screen-free
Day 16 ☐ Movement: Walk 20 min ☐ Nutrition: Fruit + yogurt instead of dessert ☐ Stress/Sleep: No caffeine after 2:00 p.m.	Day 17 ☐ Movement: Brisk walk 30 min ☐ Nutrition: Cook with olive oil ☐ Stress/Sleep: 10-min evening walk	Day 18 ☐ Movement: Stretching 10 min ☐ Nutrition: Unsalted nuts, 1 handful ☐ Stress/Sleep: Sleep routine (light/noise/temperature)	Day 19 ☐ Movement: Walk 25 min ☐ Nutrition: Vary vegetables (colorful plate) ☐ Stress/Sleep: Breathing 4–6 (5 min)	Day 20 ☐ Movement: Strength 20 min ☐ Nutrition: Add whole grains ☐ Stress/Sleep: Write 3 notes: gratitude/end-of-day
Day 21 ☐ Movement: Walk 30 min ☐ Nutrition: Fish or plant protein ☐ Stress/Sleep: Daylight 10 min	Day 22 ☐ Movement: Stairs, total 12 floors ☐ Nutrition: Sugar-free drink ☐ Stress/Sleep: Stop screens 60 min before bed	Day 23 ☐ Movement: Walk 25 min ☐ Nutrition: Yogurt/kefir ☐ Stress/Sleep: Short meditation 7 min	Day 24 ☐ Movement: Stretching 12 min ☐ Nutrition: Legume meal ☐ Stress/Sleep: No caffeine after 2:00 p.m.	Day 25 ☐ Movement: Brisk walk 30 min ☐ Nutrition: Vegetables + olive oil ☐ Stress/Sleep: Fluids: 6–8 glasses
Day 26 ☐ Movement: Strength 18 min ☐ Nutrition: No processed meats ☐ Stress/Sleep: Keep the phone outside the bedroom	Day 27 ☐ Movement: Walk 20 min ☐ Nutrition: Whole grain + vegetables ☐ Stress/Sleep: Breathing 4–6 (7 min)	Day 28 ☐ Movement: Stairs, total 10 floors ☐ Nutrition: Eat fruit whole ☐ Stress/Sleep: 10-min evening walk	Day 29 ☐ Movement: Walk 30 min (nature/park) ☐ Nutrition: Salt < 5 g/day ☐ Stress/Sleep: Fixed bedtime	Day 30 ☐ Movement: Stretch 10 min + unwind ☐ Nutrition: Fruit + yogurt instead of dessert ☐ Stress/Sleep: Write 3 notes: gratitude/end-of-day

Note: This plan supports general health and does not replace diagnosis or treatment. For existing conditions/medications, consult your physician.