



*Fit Firm
& Fabulous*

A woman's guide to easy weight loss, wellness and beauty

3-DAY BLOAT RESET CHECKLIST

Foods & Tips to Reduce Water Retention Quickly



Free Printable

WELCOME

Bloating is one of the most common complaints women quietly live with.

Feeling:

- Puffy by afternoon
- Uncomfortable in clothes
- Heavy after meals
- Frustrated by a distended stomach
- Unsure what triggers it

This guide is not a diet.

Not a detox.

Not a strict plan.

It's a 3-day gentle digestive reset designed to:

- Reduce bloating triggers
- Calm the digestive system
- Support gut comfort
- Help you feel lighter and more at ease

No extremes. No complicated rules. Just simple, realistic actions that help your body settle.

WHY BLOATING HAPPENS

Bloating is often influenced by:

- Dehydration
- High-sodium foods
- Eating too quickly
- Carbonated drinks
- Stress while eating
- Poor digestion rhythm
- Food sensitivities

The goal of this reset is not restriction.

It's **creating calm conditions for digestion.**

HOW THIS 3-DAY RESET WORKS

Each day includes:

- A hydration focus
- A digestion-friendly food focus
- A body-support habit
- A simple checklist

Do your best.

Not perfection.

Just supportive choices.

DAY 1

REDUCE

INFLAMMATION

Focus

Give your digestive system a break.

Support Actions

- Drink at least 6–8 glasses of water
- Avoid carbonated drinks
- Eat slowly and chew well
- Include cooked vegetables
- Add ginger or peppermint tea
- Avoid very salty packaged foods

Body Cue

Notice if your stomach feels less tight by evening.

Reflection

Which habit today helped most?

DAY 2

IMPROVE DIGESTIVE RHYTHM

Focus

Help your body digest without rushing.

Support Actions

- Eat meals at consistent times
- Sit while eating
- Avoid eating while scrolling
- Take three slow breaths before meals
- Walk for 5 minutes after eating
- Stop eating when comfortably full

Body Cue

Notice reduced heaviness after meals.

Reflection

How did slowing down change digestion?

DAY 3

RELEASE WATER RETENTION

Focus

Support fluid balance.

Support Actions

- Drink water consistently
- Add potassium-rich foods (spinach, avocado, cucumber)
- Reduce salty snacks
- Gentle movement or walking
- Elevate feet briefly in the evening
- Get to bed at a consistent time

Body Cue

Notice if rings or waistband feel looser.

Reflection

What felt different after three days?

OPTIONAL GENTLE ADD-ONS

If helpful:

- Warm lemon water in the morning
- Light stretching
- Calm eating environment
- Loose-fitting clothing during reset days

All optional.

All gentle.

WHAT YOU MAY NOTICE

After three days many women report:

- Less abdominal puffiness
- More comfortable digestion
- Reduced heaviness
- Improved awareness of food triggers
- Better eating rhythm

Small supportive habits create digestive calm.

IF BLOATING PERSISTS

Bloating can have multiple causes.

This reset helps create awareness – not medical diagnosis.

Use this as a foundation for understanding your body's responses.

NEXT STEP GO DEEPER

If you'd like full clean-eating guidance, balanced plate planning, and digestive-friendly meal systems, visit the:

Nutrition & Food Tab

on your Fit Firm & Fabulous website

There you'll find:

- Clean eating plans
- Meal prep systems
- Balanced plate guidance
- Digestive-support food tools

Comfort in your body is learnable.

You don't need harsh cleanses.

You need calm digestion and gentle consistency.**

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