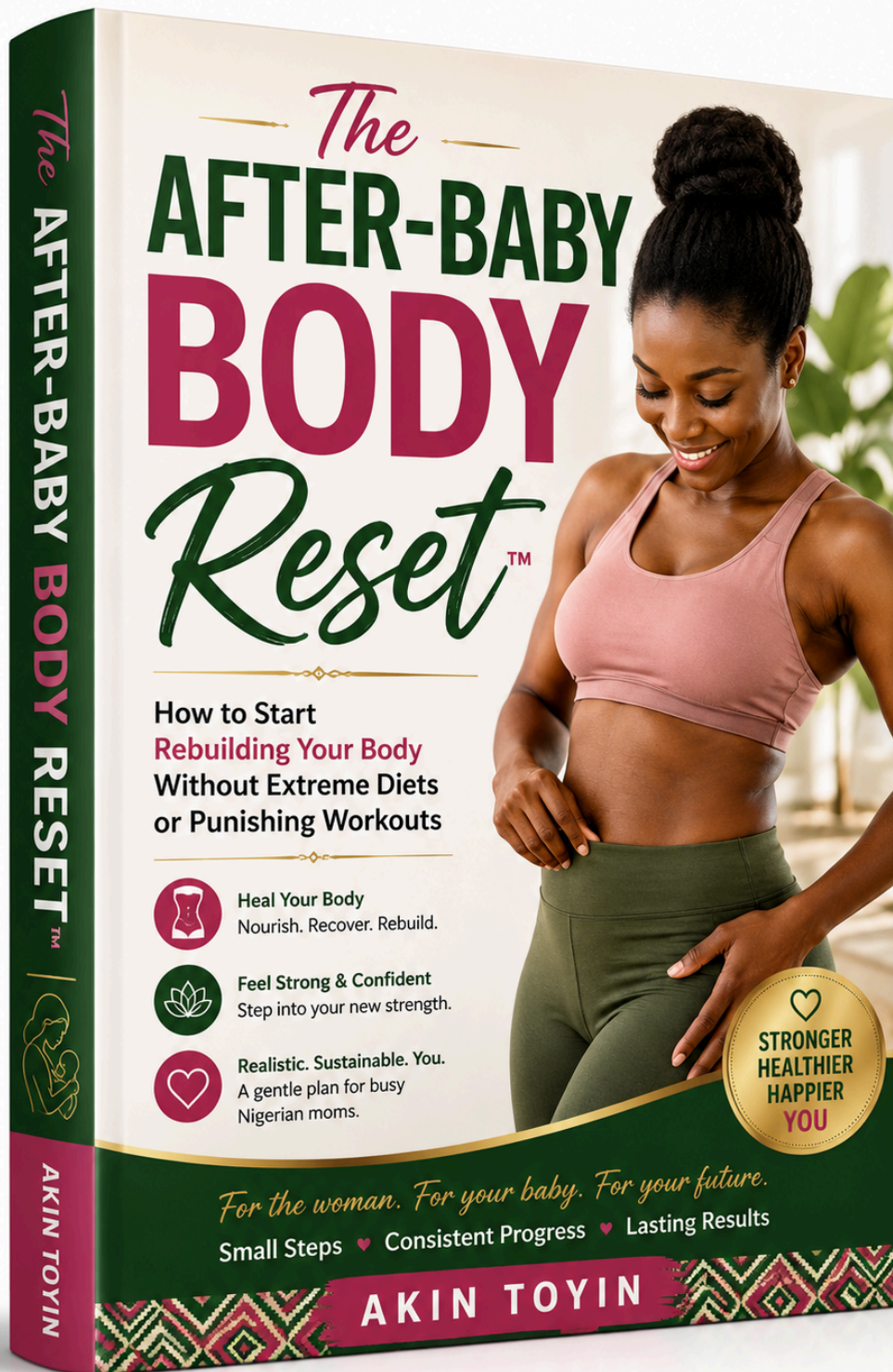




The AFTER-BABY BODY Reset™

How to Start
Rebuilding Your Body
Without Extreme Diets
or Punishing Workouts



Heal Your Body
Nourish. Recover. Rebuild.



Feel Strong & Confident
Step into your new strength.



Realistic. Sustainable. You.
A gentle plan for busy
Nigerian moms.

STRONGER
HEALTHIER
HAPPIER
YOU

For the woman. For your baby. For your future.
Small Steps ♥ Consistent Progress ♥ Lasting Results

AKIN TOYIN

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INTRODUCTION: You Had the Baby... So Why Do You Still Look Pregnant?

This Guide is Built around **The 4R Method: Recognize → Reset → Rebuild → Retain**, this guide follows one clear journey: first understand why you still feel confused about your after-baby body, then stop the random fixes, and finally build a realistic routine you can maintain.

- The quiet question many mothers ask but rarely say out loud.
- Why feeling unhappy or confused about your body does not make you ungrateful for your baby.
- The pressure to “bounce back” and why it makes many women try the wrong things.
- A gentler approach: understand first, then take action.
- How **The After-Baby Body Reset™** and the **4R Method** will guide the rest of the book.

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- Bringing the entire **4R Method** together.
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- How to measure progress beyond constantly checking the mirror.
- Giving yourself permission to take the process one realistic step at a time.
- Your personal roadmap for continuing after Day 14.

Bonus Pages

Your 4R After-Baby Body Check-In

A simple self-reflection worksheet to help you observe your current routines and patterns.

The 14-Day Daily Tracker

A practical page for tracking meals, hydration, movement, rest, energy, and how you feel.

My “Start Again” Plan

A simple reset page for those days when life gets busy and the routine falls apart.

About the Author

Akin Toyin

Health Disclaimer

A short disclaimer explaining that the guide provides general educational information and does not replace advice, diagnosis, or treatment from a qualified healthcare professional.

CHAPTER 1

The Part Nobody Prepared You For

You had the baby.

People visited. They smiled. They carried your baby. They said things like, “Ah, congratulations, Mummy!”

And then, maybe later that night, you stood in front of the mirror.

You looked at your stomach.

And one quiet question entered your mind:

“Why do I still look pregnant?”

Maybe you did not say it out loud.

Maybe you felt guilty for even thinking it.

After all, you have your baby. You should be happy, right?

Yes, you can love your baby with all your heart **and still feel confused about your body**. Both things can be true at the same time.

There is nothing selfish about wanting to understand what has changed.

And there is nothing wrong with missing parts of the body you were used to.

The Picture Nobody Showed You

Many women are prepared for pregnancy.

People talk about morning sickness. They talk about cravings. They talk about the hospital bag and baby clothes.

But nobody really sits you down and says:

“Your body may not look or feel the way you expect after the baby arrives.”

So when the baby finally comes and you still have a round stomach, loose clothes may still feel more comfortable, or your old jeans refuse to cooperate, it can be shocking.

You might have expected everything to disappear once the baby was out.

Then you look down and think:

“Wait. So... the baby has gone. Why is the belly still here?”

Sound familiar?

For some women, the shock is even stronger because of other people.

Maybe an aunty comes to visit and says, “Ah-ah, you still look pregnant o!”

Maybe someone asks when you are due before realizing you already had your baby.

Maybe they laugh.

Maybe you laugh too.

But inside?

It hurts.

You may smile and move on, but later you replay that moment in your head.

And suddenly, the clothes you were planning to wear no longer feel like a good idea.

The Pressure to “Bounce Back”

Now let me tell you where things start getting messy.

You open Instagram.

One woman is six weeks after having a baby and posting a flat stomach.

Another woman is showing her “before and after.”

Someone else is selling a tea.

Then another person says she lost all her baby weight by removing carbohydrates.

Before you know it, your phone has turned into a market square where everybody is shouting a different solution.

One person says:

“Drink this every morning.”

Another says:

“Never eat after 6 p.m.”

Another says:

“Do this exercise every day.”

And somebody somewhere is probably promising to “melt belly fat” before next Sunday.

At that point, it is easy to panic.

You start thinking:

“Maybe I'm not trying hard enough.”

So you skip breakfast.

Then you eat very little for two days.

Then life happens.

The baby cries all night. You are tired. You are hungry. There is rice and stew in the kitchen.

You eat.

Then you feel guilty.

And by Monday, you promise yourself:

“This time, I will be serious.”

Does that cycle sound familiar?

The problem is not always that you lack discipline.

Sometimes, **you are simply trying to solve a problem before you fully understand it.**

And that is exactly what this guide is going to help you stop doing.

Your Body Has Been Through Something Big

Let's slow down for a moment.

Pregnancy is not like changing your hairstyle or buying a new dress.

Your body went through major changes while growing and carrying a baby.

Your daily routine may have changed too.

Your sleep may have changed.

Your stress levels may have changed.

Your eating pattern may have changed.

Your movement may have changed.

And after the baby arrives, life may become even more unpredictable.

One day you are eating breakfast at 8 a.m.

The next day, you suddenly realize it is 2 p.m. and all you have had is cold tea and half a slice of bread.

Motherhood can be like that.

So before you stand in front of the mirror and blame yourself for everything, pause.

Ask yourself:

What has actually changed in my life and my body since I had my baby?

That question is important.

Because this guide is not about telling every woman that one thing causes every after-baby body change.

Bodies are different.

Pregnancies are different.

Recoveries are different.

What one woman experiences may not be what another woman experiences.

And sometimes, ongoing symptoms or concerns need to be checked by a qualified healthcare professional.

That is why our first step in **The After-Baby Body Reset™** is not punishment.

It is not starvation.

It is not jumping into a crazy workout because somebody on TikTok said it worked for her.

The first step is understanding.

The Clothes Test

Sometimes, the mirror is not even the worst part.

Sometimes, it is your wardrobe.

You open your cupboard.

There is that dress you loved before pregnancy.

There are those jeans you thought you would wear again “soon.”

You pick them up.

You try them.

And then comes that small moment of silence.

You pull.

You adjust.

You turn sideways.

You hold your breath.

Nothing.

Or maybe they fit, but not comfortably.

So you take them off quickly and say, “I’ll try again next month.”

Then next month comes.

And you are still saying the same thing.

Now listen carefully.

Your clothes are not a report card.

A pair of jeans cannot tell you whether you are a good mother.

A dress cannot measure your worth.

But I also understand that **how you feel in your clothes can affect your confidence.**

You may stop dressing the way you used to.

You may avoid photos.

You may choose loose clothes every time you leave the house.

You may even start avoiding certain events because you do not want people asking questions about your body.

That is why pretending the frustration does not exist is not helpful either.

You do not need shame.

You need understanding and a realistic plan.

Stop Comparing Your Chapter 3 to Someone Else's Chapter 20

This one is hard.

Especially now that everybody's life is online.

You see one mother with a tiny waist three months after having a baby.

You see another woman doing intense workouts.

Someone else seems to be eating anything she wants and still looking exactly the same as before pregnancy.

And then you look at yourself.

Bad idea.

Because you do not know the full story behind somebody else's photo.

You do not know her health history.

You do not know her recovery.

You do not know what support she has at home.

You do not know whether that picture was taken after three hundred poses and good lighting.

My sister, even NEPA knows that light can change everything.

So please, do not build your entire plan around another person's body.

Your question is not:

“Why don't I look like her?”

A better question is:

“What is happening in my own body and daily life, and what healthy steps make sense for me?”

That question changes everything.

You Are Not Starting From Zero

Here is something I want you to remember.

You are not a failure because your body changed.

And you are not “starting from zero” just because you want to build new habits.

You are starting from experience.

You already know what has not worked for you.

Maybe extreme diets made you miserable.

Maybe skipping meals only left you tired and hungry.

Maybe you bought a slimming product that gave you more hope than actual results.

Maybe you followed a workout online that did not fit your life.

Good.

I know that sounds strange.

But now you can stop wasting time repeating the same experiment.

This is where **The After-Baby Body Reset™** begins.

Not with:

“How fast can I change my body?”

But with:

“What do I need to understand first?”

That is the first **R** of the 4R Method.

Recognize.

Before you reset anything, rebuild anything, or try to maintain anything, you need to look closely at where you are right now.

Your habits.

Your daily routine.

Your energy.

Your comfort.

Your sleep.

Your eating patterns.

Your movement.

And any concerns that should not simply be ignored or covered up with another random solution.

Your First Small Step

Before you move on, do this.

Tonight, or whenever you have ten quiet minutes, take a piece of paper or open the notes app on your phone.

Write down these five things:

1. **What changed most about my body after having my baby?**
2. **What have I already tried to change it?**
3. **What happened when I tried those things?**
4. **What part of this situation frustrates me the most?**
5. **What would “feeling better in my body” realistically look like for me?**

Do not write what Instagram says you should want.

Write what **you** want.

Maybe you want more energy.

Maybe you want to feel comfortable in your clothes again.

Maybe you want to stop feeling afraid of the mirror.

Maybe you simply want to understand what is going on instead of guessing.

All of those are valid.

So if you take nothing else from this chapter, remember this:

Having a baby can change your body, but confusion does not have to control what you do next. You do not need to rush into punishment. You need to pause, observe, and understand.

But wait—there is one more problem.

Even after realizing that your body has changed, many women still make the same mistake: they start trying to “fix” everything immediately.

And sometimes, the very things you are doing to help yourself are part of the reason you keep feeling stuck.

In the next chapter, we are going to talk about **why you need to stop blaming yourself—and why you may be trying to fix the wrong thing.**

CHAPTER 2

Stop Blaming Yourself—You May Be Trying to Fix the Wrong Thing

Remember what we talked about in the last chapter?

Your body changed after pregnancy, and that does not automatically mean you have done something wrong.

Good.

Because now we need to talk about something that keeps many mothers stuck for months or even years.

Trying everything.

And I mean everything.

One week, it is lemon and warm water.

The next week, somebody says, “Cut out all carbs.”

Then your friend sends you a video about a special tea.

Then Instagram tells you to do one exercise every morning.

Before long, you have tried ten different things, spent money, skipped meals, and still stand in front of the mirror thinking:

“So why am I still here?”

The problem may not be that you are not trying hard enough.

The problem may be that **you are trying random solutions without first understanding what you are trying to solve.**

The “Let Me Try This One Too” Trap

I understand how it happens.

You see somebody post:

“This is what helped me get my body back!”

You look at the comments.

Twenty women are asking, “Please what did you use?”

Another person replies, “Check your DM.”

Before you know it, you are interested.

Maybe you order something.

Maybe you save another workout.

Maybe you promise to start tomorrow.

And honestly? There is nothing wrong with wanting help.

The problem comes when every new idea makes you abandon the last one before you even know whether it fits your needs.

It is like standing in Balogun Market and allowing ten different people to pull you in ten different directions.

“Come here!”

“No, mine is better!”

“Madam, last price!”

At the end, you may have spent money and still not bought what you actually came for.

That is what random health advice can feel like.

Too much noise.

Too little understanding.

The Slimming Tea Cycle

Let's talk honestly about slimming products for a moment.

The promise is usually attractive.

“Flat tummy.”

“Fast results.”

“Detox.”

“Burn stubborn fat.”

And when you are frustrated, those words can sound like exactly what you have been waiting for.

But a catchy promise does not automatically mean a product is appropriate or safe for you.

Some products may not be well regulated, may contain ingredients that are unsuitable for certain people, or may interact with medications. This is especially important if you are breastfeeding or recently gave birth.

That is why I want you to be careful.

Do not assume that something is safe simply because:

- Your friend used it.
- Somebody on Instagram is selling it.
- The package says “natural.”
- Hundreds of people are commenting under the post.

Natural does not automatically mean harmless.

If you are considering a supplement, tea, medication, or product—especially while breastfeeding—speak with a qualified healthcare professional or pharmacist first.

Your body does not need another experiment because somebody online promised “results in three days.”

Skipping Meals Is Not a Magic Button

Another thing many women try is eating as little as possible.

Breakfast disappears.

Lunch becomes optional.

Then by evening, hunger arrives like a thief that did not even bother to knock.

Suddenly, you are eating anything you can find.

Then comes guilt.

Then the cycle starts again.

You might be thinking:

“But if I eat less, won't my stomach automatically become smaller?”

Your body and your health are more complicated than that.

Very restrictive eating can be difficult to maintain and may make it harder to meet your nutritional needs. If you are breastfeeding, your needs may also differ from someone who is not.

Instead of asking:

“How little can I eat?”

Try asking:

“How can I build regular, balanced meals that I can actually maintain?”

That is a completely different conversation.

For example, instead of removing every familiar food from your life, you can start by looking at how your meals are built.

A simple meal might include:

- A source of carbohydrate, such as rice, yam, plantain, swallow, or another familiar staple.
- A source of protein, such as beans, eggs, fish, chicken, or other suitable options.
- Vegetables or fruits where available.
- Water or another suitable drink.

This is not a strict diet.

It is simply a more useful starting point than starving yourself until 4 p.m. and then wondering why your hunger has gone wild.

The Exercise Copy-and-Paste Problem

Now let's talk about workouts.

You see a woman online doing jumping exercises.

She looks strong.

The comments say, "I tried this for seven days and wow!"

So you decide to copy her.

But wait.

Her body is not your body.

Her recovery is not your recovery.

Her medical history is not your medical history.

And the exercise she is doing may not be appropriate for everyone.

If you have concerns about returning to exercise after pregnancy, have ongoing pain, unusual symptoms, or are unsure what activity is appropriate for you, it is important to speak with a qualified healthcare professional.

The goal is not to fear movement.

The goal is to **start appropriately and progress gradually.**

You do not need to wake up tomorrow and behave as if you are preparing for the Olympics.

Motherhood is already giving some people enough cardio.

Carrying a baby, walking around the house, picking up toys, and rushing because the baby suddenly became quiet can be plenty of activity for one day.

The point is to build from where you are.

Not from where somebody else is.

There May Be More Than One Thing Going On

This is where things get interesting.

When someone says:

“My belly still looks pregnant,”

that one sentence can describe many different experiences.

For one person, it may mainly be about body weight changes.

For another, bloating or digestion may be part of what she notices.

For someone else, posture, muscle changes after pregnancy, or other physical changes may be involved.

And sometimes, persistent symptoms need medical assessment.

That is why **guessing can keep you going around in circles.**

You cannot create a useful plan if you are treating every possible cause as if it is the same thing.

Think of it like your phone not charging.

You would not immediately buy a new phone.

First, you would check the charger.

Then the socket.

Then the cable.

Maybe NEPA has taken the light.

You check what is actually wrong before throwing money at the problem.

Your body deserves that same patience.

The Pressure Can Make You Miss Important Signals

Sometimes, the desire to “get your body back” becomes so loud that you ignore everything else.

You may focus only on the size of your stomach while your body is trying to tell you something important.

That is why part of the **Recognize** stage involves paying attention to how you actually feel.

Are you experiencing ongoing pain?

Are you noticing symptoms that worry you?

Do you have concerns about changes that are not improving or that are getting worse?

Are you unsure whether your exercise routine is appropriate?

These are not things to hide because you are embarrassed.

And they are not things a PDF should diagnose.

A good guide can help you notice patterns and ask better questions.

But when you have persistent, severe, or concerning symptoms, a qualified healthcare professional is the right person to assess them.

There is no shame in getting checked.

In fact, sometimes the strongest thing you can do is stop guessing.

The Real Reset Starts Here

So what should you do instead of trying another random solution?

Start with a simple reset.

Not a detox.

Not a punishment.

A reset of your approach.

For the next few days, try these steps:

1. Stop Adding New “Miracle” Solutions

You do not need to buy another tea tonight.

You do not need to download another extreme workout.

Pause.

Give yourself room to understand your current habits before adding something new.

2. Observe Your Normal Routine

For three days, simply notice:

- When you eat.
- What your meals generally look like.
- How much water you drink.

- How much rest you are getting.
- How much movement is naturally part of your day.
- Your energy levels.
- Anything that makes you feel uncomfortable or concerned.

You are not judging yourself.

You are gathering information.

3. Write Down What You Have Already Tried

Be honest.

Maybe your list looks like this:

- Slimming tea.
- Skipping breakfast.
- Removing rice completely.
- Random YouTube workouts.
- Waist trainers.
- Drinking different “detox” mixtures.

Now ask yourself:

Which of these was realistic for me to continue?

You may discover something important.

The reason you keep “failing” may be because the plan itself was impossible to live with.

You Are Not Lazy—You May Just Need a Better Map

Imagine trying to drive from Lagos to Ibadan with no map, no directions, and ten different people shouting instructions from the roadside.

That would be stressful.

You might move.

You might use plenty of fuel.

But you could still end up lost.

That is how many mothers approach body changes after pregnancy.

They are putting in effort.

But the effort has no clear direction.

And this is exactly why the first R in our system is **Recognize**.

Before we reset your daily habits, before we talk about rebuilding supportive movement, and before we create a routine you can retain, we need to look closer.

We need to understand your starting point.

Because **you cannot build a clear path from a place you have never properly looked at.**

So if you take nothing else from this chapter, remember this:

Stop blaming yourself for not getting results from random solutions. More effort is not always the answer. Sometimes, better understanding is the missing piece.

And now that you understand why guessing can keep you stuck, we can finally begin the first real stage of **The After-Baby Body Reset™**.

In the next chapter, we start with **Recognize**.

This is where you slow down, look at your own patterns, and begin asking the questions that can help you make smarter decisions about what comes next.

CHAPTER 3

R1 — Recognize: Before You Try to Change Anything, Look Closer

So now you know why jumping from one random solution to another can keep you stuck.

Good.

Because this is where **The After-Baby Body Reset™** really begins.

The first R is called **Recognize**.

And no, this does not mean standing in front of the mirror every morning and finding ten new things to criticize.

We are not doing that here.

Recognize simply means:

Stop guessing. Start paying attention.

Before you change your food, start a new exercise routine, or spend money on another product, you need to understand your starting point.

Think about it.

If somebody asks you for directions and you do not know where they are starting from, how can you tell them where to go?

Exactly.

Your body reset needs a starting point too.

Let's Be Honest About Where You Are

For the next few minutes, forget about where you were before pregnancy.

Forget about the old photos.

Forget about the dress you wore five years ago.

And please forget about that woman on Instagram who claims she got her “old body back” before her baby learned how to smile.

Right now, we are looking at **you**.

Not the old you.

Not somebody else's body.

You.

Ask yourself:

How do I actually feel in my body right now?

Not how you think you should feel.

How do you really feel?

Maybe you feel fine physically, but unhappy when you see yourself in pictures.

Maybe you feel uncomfortable in certain clothes.

Maybe your stomach looks different at different times of the day.

Maybe you feel tired most of the time.

Maybe you notice discomfort when doing certain activities.

Maybe you are not sure what is normal anymore.

Write it down.

You do not need a fancy journal.

Your phone notes app is fine.

Even the back of an old shopping list can do the job.

The important thing is to stop keeping everything inside your head.

Your 3-Day Reality Check

Before we start changing habits, I want you to spend three days observing your normal routine.

And let me make something clear.

Do not suddenly become “Healthy Queen of the Year” for these three days.

Eat normally.

Move normally.

Live normally.

We want to see what your real life looks like.

Not your “Monday morning, new me” life.

For three days, write down a few simple things.

1. When You Eat

You do not need to count every grain of rice.

Just notice your pattern.

Do you eat breakfast?

Do you skip it because you are busy?

Do you go many hours without food and then become extremely hungry later?

Do you snack without really noticing?

Do not judge.

Just observe.

For example:

7:30 a.m. — Tea and bread.

1:00 p.m. — Rice and stew with fish.

5:00 p.m. — Biscuits and soft drink.

9:00 p.m. — Swallow and soup.

That is all.

You are gathering information.

Nothing more.

2. Notice What Your Meals Look Like

Again, this is not about calling food “good” or “bad.”

Food is not your enemy.

Instead, look at your usual meals and ask:

“What am I eating most often?”

Maybe you eat a lot of familiar foods like rice, yam, beans, bread, plantain, swallow, soup, eggs, fish, chicken, and so on.

Good.

Write it down.

The goal is not to wake up tomorrow and throw away every food in your kitchen.

Please don't do that.

The goal is to understand your current pattern before we talk about making realistic changes.

Because you cannot reset a routine you have never looked at.

3. Check Your Water Habit

Now, let's talk about water.

How much water are you actually drinking?

Not how much you planned to drink.

Not how much you told yourself you would drink on New Year's Day.

How much are you drinking now?

You may discover that you start your day with tea or coffee, get busy, and suddenly remember water when your mouth is already dry.

Life happens.

Especially with a baby.

So for three days, simply notice.

You can use a bottle if that makes it easier.

The point is not to force yourself to drink an extreme amount of water because somebody online told you to.

Your needs can vary, and if you have a health condition that affects fluid intake, follow the advice of your healthcare professional.

For now, we are simply becoming more aware of your habit.

4. Look at Your Movement

This part is important.

When people hear “movement,” they often imagine a gym.

No.

Movement simply means: **How much are you moving during your normal day?**

Maybe you spend most of the day sitting.

Maybe you walk to the bus stop.

Maybe you climb stairs.

Maybe you carry your baby around the house.

Maybe your work keeps you on your feet.

Maybe you have already started exercising.

Write it down.

You might discover that you are more active than you thought.

Or you might realize that your daily routine has become much less active than before.

Neither answer makes you a failure.

Remember, we are gathering information.

5. Pay Attention to Your Energy

This one is easy to ignore.

You may be so busy taking care of everybody else that you no longer ask:

“How am I actually feeling?”

So throughout your three-day check-in, notice your energy.

You can rate it simply from 1 to 5.

1 — I feel completely drained.

2 — Very low energy.

3 — Okay, but tired.

4 — Good energy.

5 — I feel strong and refreshed.

You may notice patterns.

Maybe your energy drops badly after going many hours without food.

Maybe poor sleep is affecting your entire day.

Maybe you feel better on days when you get a little rest.

Patterns can teach you a lot.

And trust me, mothers often need permission to notice themselves too.

You are not being selfish.

You are paying attention.

The Mirror Is Not Your Only Measurement

Now here is something I really want you to understand.

If your only way of measuring progress is:

“Does my stomach look smaller today?”

you may drive yourself crazy.

Bodies can naturally look and feel different at different times.

Your clothes may feel different from one day to another.

Your energy may change.

Your comfort may change.

And your mirror does not always tell the full story.

So instead of checking only your appearance, start paying attention to other things too.

Ask yourself:

- Do I have more energy?
- Am I building a more regular routine?
- Am I moving comfortably?
- Do I feel stronger over time?

- Am I becoming more consistent?
- Am I learning what works for my lifestyle?

These are useful signs of progress too.

This is one of the biggest mindset shifts in **The After-Baby Body Reset™**.

We are not building a life where you panic every time you see your reflection.

We are building habits that can support your wellbeing in real life.

But Don't Ignore Things That Concern You

Now stay with me here because this is important.

Recognizing your body also means noticing when something does not feel right.

A guide like this cannot tell you what a specific symptom means or diagnose a medical condition.

But if you have ongoing pain, unusual bleeding, severe discomfort, a new or worsening symptom, or anything else that concerns you, do not simply cover it up with a slimming product or random exercise.

Speak with a qualified healthcare professional.

The same applies if you are unsure about returning to exercise after pregnancy or increasing your activity.

Sometimes, the best next step is not another internet tip.

It is getting proper advice based on your individual situation.

There is no shame in that.

Actually, that is part of the **Recognize** stage too.

Knowing when you need more support is a strength.

Your 4R Body Check-In

At the end of your three days, sit down for about ten minutes.

Then answer these questions honestly.

My Routine

- What time do I usually wake up?
- When do I usually eat my first meal?
- Do I often go long periods without eating?
- What foods do I eat most often?
- How often do I drink water?

My Movement

- How much movement is already part of my day?
- Do I spend long hours sitting?
- What kind of movement feels comfortable for me right now?
- Am I already exercising? If yes, how do I feel afterward?

My Energy and Rest

- When do I feel most tired?
- How is my sleep?
- What makes it difficult for me to rest?
- What small change could make my routine feel easier?

My Biggest Frustration

Finish this sentence:

“The thing that frustrates me most about my after-baby body is...”

Then finish this one:

“What I really want is...”

Be honest.

Maybe what you really want is not a flat stomach.

Maybe you want confidence.

Maybe you want to stop hiding in loose clothes.

Maybe you want to feel comfortable again.

Maybe you want more energy to play with your child.

Maybe you want to stop feeling confused.

There is no wrong answer.

A Small Story About Starting Where You Are

Imagine a mother named Ngozi.

Ngozi has a nine-month-old baby.

Every Monday, she promises herself that she will start a strict diet.

By Tuesday afternoon, she is hungry, tired, and irritated.

By Wednesday, she gives up.

Then she spends the rest of the week feeling guilty.

When she finally did her three-day reality check, she noticed something.

She was often skipping breakfast because mornings were busy.

Then she would barely eat during the afternoon.

By evening, she was extremely hungry and ate whatever was easiest to find.

She had been calling herself “undisciplined.”

But the real problem was that her routine had no structure.

That discovery did not magically solve everything.

But it gave her a place to start.

And that is the power of recognizing.

You stop fighting a mystery.

You start working with real information.

You Don't Need to Fix Everything This Week

Please hear me.

After doing this check-in, you may notice ten things you want to change.

Do not try to fix all ten tomorrow.

That is how people become overwhelmed.

Choose one or two things to work on first.

Maybe your first goal is simply to stop skipping meals.

Maybe it is keeping water nearby during the day.

Maybe it is finding a safe and comfortable way to add more movement to your routine.

Small changes may not look exciting on Instagram.

But small changes are often easier to repeat.

And what you repeat matters.

This brings us to the next R.

Reset.

Now that you have stopped guessing and started recognizing your real patterns, we can begin clearing away the habits that are making life harder.

In the next chapter, we are going to reset your daily foundation using simple, familiar foods and realistic routines.

No punishment.

No starvation.

No pretending you have unlimited time and a private chef.

Just practical changes that can work in real life—because that is where your After-Baby Body Reset™ actually has to succeed.

CHAPTER 4

R2 — Reset: Let's Clear Out the Random Advice

So now you have done something very important.

You have stopped guessing.

You have looked at your real routine, your eating pattern, your movement, your energy, and the things that frustrate you most.

Now we move to the second R in **The After-Baby Body Reset™**:

Reset.

And before you panic, let me tell you what “reset” does **not** mean.

It does not mean starving yourself.

It does not mean drinking strange mixtures.

It does not mean throwing away every food in your kitchen.

And it definitely does not mean waking up tomorrow and pretending you are a completely different person.

A reset simply means:

“Let me stop doing what is clearly not helping and build a simpler foundation.”

That is all.

First, Clear Out the Noise

If you have been following twenty different body tips, this is your permission to pause.

You do not need another miracle drink today.

You do not need to buy another product because somebody said, “It worked for my sister's friend's neighbour.”

Take a breath.

The internet will still be there tomorrow.

For now, focus on your own routine.

Remember what you discovered in Chapter 3.

Maybe you often skip meals.

Maybe you barely drink water until evening.

Maybe you eat without any real pattern because your day is unpredictable.

Maybe you are tired and grab whatever is easiest.

That is where your reset begins.

Not with shame.

With **small adjustments**.

Build a Plate You Can Actually Live With

One of the biggest mistakes people make is believing that healthy eating means eating strange, expensive food.

No.

You do not need to start searching for ingredients you cannot pronounce.

You can work with many foods you already know.

When possible, think about building your meals with three simple parts:

1. A filling staple

This could include foods such as rice, yam, plantain, potatoes, or other familiar foods.

2. A source of protein

This could include beans, eggs, fish, chicken, or other foods that fit your preferences and needs.

3. Fruits or vegetables where available

You do not have to create a perfect Instagram plate.

The goal is to make your meals more balanced and satisfying.

For example, instead of thinking:

“Rice is bad. I must never eat rice again.”

You can think:

“How can I build a more balanced meal around the rice I'm already eating?”

Maybe you add fish.

Maybe you include beans.

Maybe you add vegetables.

The point is not to fear your food.

The point is to become more intentional.

Your Reset Does Not Need to Be Perfect

Let's imagine your day.

The baby wakes up early.

You have work.

There is laundry.

Someone is calling your phone.

NEPA takes the light at the exact moment you were about to do something important.

Life is happening.

This is why a perfect meal schedule may not work every day.

Instead, create a simple backup plan.

Ask yourself:

“What can I eat when life becomes chaotic?”

Keep realistic options available where possible.

Maybe eggs.

Maybe beans.

Maybe fruit.

Maybe leftovers from a balanced meal.

Maybe other simple foods that are easy for you to prepare.

The goal is not perfection.

The goal is to reduce the number of times you reach the point where you are so hungry and exhausted that you no longer care what you eat.

Because let's be honest.

When hunger and tiredness join forces, discipline can disappear faster than cold sachet water on a hot Lagos afternoon.

Don't Wait Until You Are Extremely Thirsty

Water is another simple part of your reset.

You do not need to force yourself to drink an extreme amount.

You simply need to notice your habit and make drinking fluids part of your day.

One simple trick is to keep water where you can see it.

Near your bed.

Near where you feed the baby.

On your desk.

In your bag when you are going out.

Sometimes the problem is not that you “hate drinking water.”

Sometimes you are just busy and forget.

If you are breastfeeding or have a medical condition that affects your fluid needs, follow guidance from your healthcare professional.

Again, we are building a realistic routine, not following random internet rules.

The “I Will Start Tomorrow” Reset

Now let's talk about something many of us know very well.

Tomorrow.

Tomorrow, I will eat better.

Tomorrow, I will exercise.

Tomorrow, I will stop buying random products.

Tomorrow, I will become disciplined.

Then tomorrow comes.

And somehow, another tomorrow is created.

So instead of waiting for Monday, the first day of the month, or the next full moon, start with one small action today.

For example:

- Prepare one balanced meal.
- Keep water beside you.
- Take a comfortable walk if appropriate for you.
- Stop buying a product you do not understand.
- Write down your routine for the day.

That is enough.

A reset starts when you interrupt an old pattern.

Create Your “Normal Day” Plan

This is important.

Do not build your plan around your best day.

Build it around a normal day.

A normal day may be busy.

A normal day may be tiring.

A normal day may involve a crying baby.

So write down a simple version of your day.

Morning

Ask:

What is one realistic thing I can do in the morning?

Maybe it is eating something nourishing instead of automatically skipping food.

Maybe it is drinking some water.

Maybe it is preparing something simple for later.

Afternoon

Ask:

What usually goes wrong in the afternoon?

Do you become too busy to eat?

Do you suddenly feel tired?

Do you buy whatever is easiest?

Think about one simple change that could help.

Evening

Ask:

What usually happens at night?

Maybe this is when you eat very late because the whole day was chaotic.

Maybe this is when you snack because you are exhausted.

Do not judge yourself.

Just ask:

“What can make this part of my day easier?”

Sometimes the best solution is not more discipline.

Sometimes it is better planning.

The Reset Shopping List

You do not need to spend ₦50,000 buying “special health foods.”

Start with foods you and your family already eat.

When planning your shopping, think about including options from different groups.

For example:

Protein options

- Eggs
- Beans
- Fish
- Chicken
- Other suitable protein foods you enjoy

Familiar staples

- Rice
- Yam
- Plantain
- Potatoes
- Other local staples

Fruits and vegetables

Choose what is available, affordable, and practical for your household.

The goal is not to create a complicated menu.

The goal is to make it easier to put together a satisfying meal.

Because when you have no plan at all, it is easier to fall back into random habits.

A Reset Is Also About Your Mind

This part matters more than people think.

You cannot keep telling yourself:

“My body is terrible.”

Then expect yourself to build healthy habits from a peaceful place.

You may want change.

That is okay.

But you do not have to hate yourself into changing.

Try replacing:

“I hate this body.”

With:

“My body has changed, and I am learning how to take better care of it.”

That may sound small.

But the way you speak to yourself affects how you respond when things do not go perfectly.

If you believe one missed workout means you have failed, you will probably quit.

If you believe one difficult day is simply part of life, you can continue tomorrow.

And continuing is more useful than constantly restarting.

Your 7-Day Reset Challenge

For the next seven days, keep it simple.

You are not trying to become perfect.

You are practicing consistency.

Each day, focus on these five things:

1. **Eat regular, balanced meals as realistically as your schedule allows.**
2. **Include a source of protein in your meals where practical.**
3. **Add fruits or vegetables when available.**
4. **Keep fluids accessible and drink regularly according to your needs.**
5. **Notice how your body feels instead of judging yourself every hour.**

That is it.

No complicated diet chart.

No punishment.

No “if you eat this, you have failed.”

Just seven days of becoming more aware and intentional.

At the end of the week, ask yourself:

- Did I feel more organized?
- Did I notice any patterns?

- Which habit was easiest?
- Which habit was difficult?
- What got in my way?

Your answers will help you move forward.

A Quick Word About “Fast Results”

I know what you may be thinking.

“But how soon will I see a difference?”

That depends on many individual factors.

Bodies respond differently, and this guide cannot promise a specific amount of body-size change within a certain number of days.

Be careful of anyone who promises that every woman will get the same dramatic result on the same timeline.

What you can control is your process.

You can learn.

You can observe.

You can build more supportive habits.

You can become more consistent.

And if you have concerns about your health or recovery, you can seek proper medical guidance instead of guessing.

That is a much stronger foundation than chasing every new promise online.

So if you take nothing else from this chapter, remember this:

Your reset is not about eating as little as possible or doing as much as possible. It is about removing confusion and building a daily routine you can actually live with.

And now that you have started clearing away the noise, we can move to the third R.

Rebuild.

Because food and routine are only part of the picture. Next, we are going to talk about gradually rebuilding movement and strength in a way that respects where you are right now.

No punishment. No competition. No pretending your life looks like a fitness influencer's.

Just a practical way to start supporting your body again.

CHAPTER 5

R3 — Rebuild: Start Supporting Your Body Again

So now you have recognized your real patterns.

You have also started clearing out the noise and building a simpler daily foundation.

Now we move to the third R in **The After-Baby Body Reset™**:

Rebuild.

And this is where many women get nervous.

Because the moment they hear “rebuild,” they imagine painful workouts, jumping around the sitting room, and waking up with muscles shouting, “Madam, what did we do to you?”

Relax.

That is not what we are doing.

Rebuild means **gradually supporting your strength, movement, and daily routine from where you are right now.**

Not from where you were before pregnancy.

Not from where somebody else is.

From where **you** are.

You Do Not Need to Punish Your Body Into Changing

Let me say this clearly.

Exercise is not a punishment for eating rice.

Movement is not something you have to “pay” for because you enjoyed a party or ate more than you planned.

That way of thinking can turn movement into something you hate.

Instead, try looking at it differently.

Movement can be one way of supporting your body.

It can be walking.

It can be gentle exercise.

It can be strength work when appropriate for you.

It can simply be becoming less inactive during your day.

The goal is not to prove that you are suffering.

The goal is to build something you can continue.

Start With the Question: “What Can I Do Comfortably?”

Before you copy any workout online, ask yourself:

“What kind of movement feels appropriate and manageable for me right now?”

That answer will be different for different women.

Maybe a short walk feels comfortable.

Maybe you already enjoy a particular form of exercise.

Maybe you are returning to activity slowly after pregnancy.

Maybe you are unsure what is appropriate for you.

If you have ongoing pain, concerning symptoms, complications, or questions about returning to exercise after pregnancy, speak with a qualified healthcare professional before pushing yourself harder.

There is no prize for ignoring your body.

And there is no shame in starting slowly.

The “Start Smaller Than You Think” Rule

This is one of my favourite rules.

When starting a new habit, do not begin with the biggest plan you can imagine.

Start smaller.

For example, instead of saying:

“From tomorrow, I will exercise for one hour every single day.”

You could start with:

“I will make time for a short period of comfortable movement today.”

Why?

Because small actions are easier to repeat.

And repetition is where habits grow.

Think about brushing your teeth.

You do not need motivation speeches before doing it.

It has become part of your routine.

That is what we are aiming for.

Not excitement for three days.

Consistency over time.

Your Simple Movement Check

Before you add anything new, look back at your normal day.

Ask yourself:

- How long do I spend sitting?
- When do I naturally walk?
- What movements already happen during my day?
- When do I usually have the most energy?
- What time of day would make movement easiest?

Maybe mornings are impossible because the baby wakes up early.

Fine.

Maybe evenings are better.

Maybe a short walk during the day works for you.

The best routine is not always the one that looks impressive.

It is often the one that actually happens.

You Don't Need a Gym Membership to Begin

A gym can be useful for some people.

But you do not need one before you start building a more active lifestyle.

If comfortable and appropriate for your individual situation, you can look for simple ways to move more during your normal day.

For example:

- Taking a comfortable walk.
- Using stairs when that feels appropriate.
- Taking short movement breaks after long periods of sitting.
- Following a suitable beginner exercise routine.
- Doing activities you genuinely enjoy.

The key word is **suitable**.

Do not assume that every “post-baby workout” online is right for every person.

If something causes pain, unusual discomfort, or concerns you, stop and seek appropriate professional advice.

Your body is not asking you to prove anything.

It is asking you to pay attention.

The 10-Minute Rule

Here is a simple idea that can help when life feels busy.

Tell yourself:

“I only need to start with ten minutes.”

Not because ten minutes is a magic number.

But because starting is often the hardest part.

You may walk for ten minutes.

You may do a suitable routine for ten minutes.

You may stretch or move in a comfortable way for ten minutes.

Then stop if that was your plan.

If you do more, fine.

But do not turn every small activity into a test of your worth.

The goal is to create the habit of showing up.

Imagine two approaches.

Approach One

You do a very intense workout on Monday.

You are exhausted.

Tuesday comes, and your body says, "Please, let's discuss what happened yesterday."

You skip.

Then Wednesday passes.

By Friday, the plan has disappeared.

Approach Two

You start with manageable activity.

You repeat it.

You gradually build when appropriate.

Which one is easier to maintain?

Exactly.

Strength Matters Too

Now, here is something people sometimes forget.

Your goal does not have to be only about looking smaller.

You can also think about becoming stronger and more capable in your daily life.

Think about what motherhood requires.

Carrying a baby.

Picking things up.

Walking around.

Standing.

Moving through a busy day when you did not get enough sleep.

Your body does a lot.

That is why, when appropriate for you, gradually building strength can be a useful part of a broader exercise routine.

You do not need to become a bodybuilder.

You are simply giving yourself permission to value strength too.

Instead of only asking:

“When will my stomach become flat?”

You can also ask:

“Am I becoming stronger?”

“Does movement feel easier than before?”

“Am I building confidence in what my body can do?”

Those questions give you more than one way to notice progress.

Don't Let One Bad Day Cancel Everything

This part is very important.

You will have bad days.

The baby may be sick.

You may be exhausted.

Work may become stressful.

Family may visit.

Your entire plan may scatter like people leaving a Lagos bus stop when rain suddenly starts.

That does not mean you have failed.

It means you are human.

So instead of saying:

“I missed three days. Let me just forget the whole thing.”

Try this:

“Okay. Life happened. What is the smallest step I can return to?”

Maybe that step is simply going for a short walk.

Maybe it is returning to your normal routine tomorrow.

Maybe it is taking time to rest.

The important thing is to stop seeing every interruption as the end.

A strong habit is not one you perform perfectly forever.

It is one you know how to return to.

The Rebuild Ladder

Think of your movement habit like climbing a ladder.

You do not jump from the ground to the roof.

You take one step.

Then another.

Your personal ladder may look something like this:

Step 1: Notice

Understand your current activity level.

You already started this in the Recognize stage.

Step 2: Begin

Choose one realistic form of movement that feels manageable and appropriate for you.

Step 3: Repeat

Practice consistency before worrying about doing more.

Step 4: Build

As your routine develops, you can gradually consider increasing activity in ways that suit your body and circumstances.

If you are unsure how to progress safely, seek guidance from a qualified fitness or healthcare professional.

That is it.

No punishment.

No race.

No comparing your Day 4 to somebody else's five-year fitness journey.

A Simple Rebuild Week

For the next seven days, choose a realistic movement goal.

You might decide:

“I will make space for comfortable movement on three days this week.”

Or:

“I will take short movement breaks instead of sitting for very long periods whenever I can.”

Keep it simple.

At the end of the week, ask yourself:

- What felt easy?
- What felt difficult?
- What time of day worked best?
- Did I choose a goal that actually fits my life?
- Do I need to make the goal smaller or adjust it?

Notice that last question.

Make the goal smaller.

Sometimes people think reducing a goal means giving up.

Not at all.

A goal that fits your real life is stronger than a perfect plan that only exists on paper.

Rebuild Your Trust in Yourself

There is another kind of rebuilding happening here too.

You are rebuilding trust.

For months, maybe you have been making promises to yourself.

“I'll start tomorrow.”

“I'll be strict this time.”

“This time, I won't give up.”

Then life gets in the way.

And eventually, you stop believing yourself.

But every time you make a small promise and keep it, something changes.

You begin to think:

“Maybe I can actually do this.”

That feeling matters.

You do not need to transform your entire life in one week.

You need evidence that you can build a routine and return to it.

One small action.

Repeated.

Then another.

That is how change begins to feel normal.

So if you take nothing else from this chapter, remember this:

Rebuilding is not about doing the most. It is about doing what makes sense for your body and repeating it often enough for it to become part of your life.

And now we have one final R to talk about.

Because starting a routine is one thing.

Keeping it when life becomes messy? Ah. That is another story.

In the next chapter, we move to **Retain**—the part that helps you stop starting over every Monday and learn how to keep going even when your week does not go according to plan.

CHAPTER 6

R4 — Retain: How to Stop Starting Over Every Monday

So now you have recognized your real patterns.

You have started resetting the habits that were making life harder.

And you have begun rebuilding a realistic relationship with movement and daily routines.

Now we reach the final R in **The After-Baby Body Reset™**:

Retain.

And honestly?

This may be the most important part.

Because starting is not usually the biggest problem.

Most people can start.

You can wake up one Monday morning, look in the mirror, and say, “Enough is enough.”

You can create a timetable.

Buy food.

Save workout videos.

Promise yourself that this time will be different.

Then life happens.

The baby refuses to sleep.

Work becomes stressful.

Family visits.

You travel.

You get tired.

Your routine disappears.

And before you know it, you are back at the beginning saying:

“Why can't I ever stay consistent?”

But here's what I want you to know.

You do not need to start over.

You need to learn how to **continue imperfectly**.

That is what Retain is all about.

Stop Using the “All or Nothing” Rule

This rule has destroyed many good routines.

It sounds like this:

“If I can't do it perfectly, there is no point doing it at all.”

So maybe you planned to move five times this week.

But you only managed three.

Instead of saying, “Well done, I showed up three times,” you say:

“I failed.”

No.

You did not fail.

You did three.

The all-or-nothing mindset turns every small interruption into a reason to quit.

Retain teaches you something different:

Something is often better than nothing.

Of course, some goals require specific professional guidance. But when we are talking about ordinary daily habits, you do not need perfection before you can count your effort.

A difficult week does not erase the progress you have made.

Create Your “Minimum Day”

This one can save you.

A **Minimum Day** is the smallest version of your routine that you can do when life is completely upside down.

Not your perfect day.

Your survival day.

Maybe your normal routine includes balanced meals, movement, and proper rest.

Fine.

But what happens when your baby has kept you awake half the night?

What happens when you are sick or overwhelmed?

That is where your Minimum Day comes in.

Your Minimum Day might be:

- Eat regular meals as best as possible.
- Keep water nearby.
- Do only comfortable movement if appropriate.
- Get rest when you can.
- Avoid judging yourself.

That may not look exciting.

But it keeps you connected to your routine.

And that connection matters.

Because once you completely abandon a habit, returning can feel much harder.

The “Next Meal, Next Moment” Rule

Let's say you had a day that did not go as planned.

Maybe you ate in a way you did not expect.

Maybe you skipped your planned movement.

Maybe you were too tired to follow your routine.

What do you do?

You continue at the **next opportunity**.

Not next Monday.

Not next month.

Not after you have punished yourself for three days.

The next opportunity.

If one meal did not go as planned, your next meal is simply another chance to make a choice that supports you.

If you missed a planned walk, your next chance to move is still waiting.

This rule is powerful because it removes the idea that one moment can destroy your whole journey.

One moment is just one moment.

Learn the Difference Between a Bad Day and a Broken Routine

This is important.

A bad day means:

“Today was difficult.”

A broken routine means:

“I have stopped completely and do not know how to return.”

These are not the same thing.

If your baby is unwell and you spend the whole day caring for them, that does not mean your After-Baby Body Reset™ has failed.

It means you had a difficult day.

Tomorrow, you can check in again.

Maybe you return fully.

Maybe you return with your Minimum Day.

Either way, you are still in the process.

The goal is not to live a life where nothing goes wrong.

That kind of life does not exist.

The goal is to build a routine that bends without breaking.

Your Environment Can Help You

Sometimes we blame ourselves for everything.

But your environment matters.

If the only food you see when you are hungry is whatever is easiest to grab, planning becomes harder.

If your water is always somewhere you cannot see, you may forget about it.

If your day has no small space for movement, you may struggle to fit it in.

So instead of asking:

“Why don't I have more discipline?”

Ask:

“How can I make this easier?”

That question can change everything.

Maybe you keep simple meal ingredients available.

Maybe you fill a water bottle and place it where you spend most of your day.

Maybe you choose a regular time for movement that fits your family routine.

Maybe you ask someone for support so you can have a little time for yourself.

You are not cheating by making your habits easier.

You are being smart.

The 80% Mindset

You do not need to win every single day.

Imagine you are trying to follow your new routine over several weeks.

Some days will go well.

Some days will be messy.

That is normal.

Instead of chasing a perfect streak, aim for **overall consistency**.

Think of it like this:

If your routine supports you most of the time, a difficult day does not cancel everything.

The danger comes when one imperfect day becomes a reason to give up completely.

So tell yourself:

“I do not need a perfect week. I need a week where I keep returning.”

That is the Retain mindset.

Watch Out for Your Personal “Routine Killers”

Everybody has them.

Your routine killer may be lack of sleep.

It may be stress.

It may be weekends.

It may be visiting family.

It may be travelling.

It may be that dangerous thought:

“I've already messed up today, so it doesn't matter anymore.”

Now that you know your routine killers, you can prepare for them.

For example, if weekends are always chaotic, do not create a weekend plan that requires military discipline.

Create a simpler version.

If evenings are exhausting, do not depend on evening motivation for everything.

Move one important habit earlier if that works better.

The point is to work with your real life.

Not against it.

Keep Checking In

Once a week, take a few minutes and ask yourself:

- What went well this week?

- What was difficult?
- What habit felt natural?
- What habit needs adjustment?
- What can I make easier next week?

Do not turn this into an interview where you attack yourself.

This is simply information.

Remember Chapter 3?

Recognize.

That stage does not end.

You keep recognizing your patterns.

Then you reset.

Then you rebuild.

Then you retain.

And sometimes?

You repeat the cycle.

That is perfectly normal.

The After-Baby Body Reset™ Is Not a 7-Day Personality

You know those plans where, for seven days, you become a completely different human being?

You wake up at 5 a.m.

Drink something green.

Exercise for two hours.

Prepare twelve containers of food.

Read motivational quotes.

Then Day 8 comes.

And your normal life returns.

That is not what we are building.

We are building something you can still recognize when life gets busy.

Something that can survive a family event.

Something that can survive a bad week.

Something that does not disappear because you ate jollof rice at a wedding.

Please enjoy your life.

You do not need to fear every celebration.

You need to learn how to return to your routine afterward.

When You Need Extra Support

There may be times when doing it alone feels difficult.

That is okay.

Depending on your situation, support may come from a healthcare professional, qualified fitness professional, family member, or trusted friend.

You may need help creating time for yourself.

You may need individual guidance for concerns related to your recovery or health.

Asking for support does not mean you are weak.

Sometimes the strongest thing you can say is:

“I need help with this.”

Your Retain Plan

Before you move on, write down these three things.

My Normal Routine

What does a good, realistic week look like for you?

Keep it simple.

Do not write a timetable that belongs to a woman with no children, no job, and twenty-four hours of free time.

Write **your** life.

My Minimum Day

What are the smallest habits you can return to when life becomes difficult?

Keep them easy.

These habits are your safety net.

My Restart Rule

Complete this sentence:

“When my routine is interrupted, I will return by...”

Maybe your answer is:

“...starting again at my next meal.”

Or:

“...taking a short walk when I am ready.”

Or:

“...returning to my basic routine the next day.”

Write it down.

Because when life gets chaotic, you do not want to start thinking from zero.

You want a plan waiting for you.

So if you take nothing else from this chapter, remember this:

You do not fail because your routine gets interrupted. You only get stuck when you believe an interruption means you cannot return.

And now you have the full **4R System**:

Recognize your real patterns.

Reset the habits that are not serving you.

Rebuild realistic routines and movement.

Retain what works by learning how to continue, adjust, and return.

But knowing the system and actually putting it together are two different things.

So in the final chapter, I am going to show you exactly how to turn everything you have learned into a simple action plan—starting with what to do on Day 1.

No confusion.

No twenty-step timetable.

Just a clear way to begin.

CHAPTER 7

Your After-Baby Body Reset Action Plan — Start Here

So now you have the full picture.

You know that your body after pregnancy is not a problem to hate or punish.

You have learned how to **Recognize** your real habits.

You have learned how to **Reset** the things that are not helping.

You have learned how to **Rebuild** a realistic routine.

And finally, you have learned how to **Retain** that routine when real life happens.

Now, let's put everything together.

Because knowledge is nice, but action is where things begin to change.

And please, do not make this complicated.

You do not need to wake up tomorrow and change your whole life before breakfast.

You only need to know what to do first.

Day 1: Start by Looking, Not Changing Everything

Your first day is about **Recognize**.

For one normal day, simply pay attention.

Notice when you eat.

Notice when you feel most hungry.

Notice when you feel tired.

Notice how much you move during the day.

Notice the moments when you feel frustrated about your body.

Write these things down if you can.

You are not collecting evidence to insult yourself.

You are collecting information.

For example, you may discover:

“I skip breakfast, then by afternoon I am starving and eat anything I can find.”

Or:

“I actually do not eat badly all day. My biggest problem is that by evening I am exhausted and have no plan.”

See the difference?

Once you understand the pattern, you can work on the pattern.

Days 2 and 3: Make One Simple Reset

Now choose **one thing** you noticed on Day 1.

Just one.

Do not choose ten.

Maybe you noticed that you often go for long periods without eating and then become extremely hungry.

Your reset could be to plan a simple, satisfying meal earlier in the day.

Maybe you noticed that you barely drink fluids because you are always busy.

Your reset could be to keep a bottle or cup nearby.

Maybe you noticed that your meals are completely random.

Your reset could be to think ahead about what you will eat next.

Small changes may look too simple.

But simple is good.

Simple is repeatable.

And repeatable is what we want.

Days 4 and 5: Add Gentle, Realistic Movement

Next comes **Rebuild**.

Again, do not suddenly decide that you are training for the Olympics.

Look at your life.

What kind of movement feels realistic and appropriate for you?

Maybe it is a comfortable walk.

Maybe it is a suitable beginner exercise routine.

Maybe it is simply reducing long periods of sitting when you can.

Start small.

Choose a time that fits your life instead of copying somebody else's timetable.

If morning is chaos in your house, do not force a 5 a.m. routine because somebody online said successful people wake up before the birds.

Please. You have a baby. You have enough going on.

Find what works for **you**.

And if you have concerns about pain, recovery, symptoms, or what exercise is appropriate after pregnancy, speak with a qualified healthcare professional before pushing yourself.

Day 6: Build Your Minimum Day

This is one of the most useful things you can do.

Ask yourself:

“What can I still do when life goes completely off plan?”

Write down your Minimum Day.

It could be as simple as:

- Eat regular meals as best as possible.
- Keep water nearby.
- Do comfortable movement only if appropriate.
- Rest when possible.
- Speak to myself with patience.
- Return to my routine at the next opportunity.

That is your safety net.

Because difficult days will come.

The goal is not to avoid them.

The goal is to stop them from convincing you that everything is over.

Day 7: Review Without Judging Yourself

Now look back at your week.

Ask yourself:

What worked?

Maybe keeping water nearby was easy.

Maybe planning meals helped.

Maybe your chosen movement time did not work at all.

Good.

That is useful information.

You are learning your own life.

Then ask:

What needs to change?

Not:

“What is wrong with me?”

There is a big difference.

Maybe your goal was too big.

Make it smaller.

Maybe you chose the wrong time of day.

Change it.

Maybe you need more support.

Ask for it.

The After-Baby Body Reset™ is not about forcing yourself into one perfect plan.

It is about building a plan that can adjust with your real life.

Your First 30 Days

Now that you have completed your first week, continue using the **4R System**.

Week 1: Recognize

Pay attention to your habits.

Notice your patterns without judging yourself.

Look for the moments where things usually go off track.

Do not rush to fix everything.

Just understand what is happening.

Week 2: Reset

Choose one or two habits to simplify.

Maybe you work on meal planning.

Maybe you work on making regular meals easier.

Maybe you focus on keeping fluids nearby.

Maybe you stop following every random “flat tummy” promise that appears on your phone.

Choose changes that fit your real life.

Week 3: Rebuild

Continue with the habits that are working.

Add realistic movement where appropriate.

Focus on becoming more consistent rather than doing everything perfectly.

Pay attention to how you feel.

If something does not work, adjust it.

Week 4: Retain

This week is about making your routine stronger.

Create your Minimum Day.

Identify your personal routine killers.

Practice returning after interruptions.

Learn to say:

“I had a difficult day, but I am still continuing.”

That sentence can take you much further than:

“I failed again.”

How to Notice Progress Without Becoming Obsessed

Sometimes the scale may change.

Sometimes it may not change in the way you expected.

Your body can change and respond differently depending on many factors.

That is why it can help to notice more than one thing.

Ask yourself:

- Do I feel more organized?
- Am I learning what works for me?
- Is movement becoming easier?
- Am I becoming more consistent?
- Do I recover from difficult days faster?
- Do I feel less confused about what to do?
- Am I taking better care of myself than before?

Progress is not always one straight line.

Some weeks will feel amazing.

Some weeks will feel like you are standing still.

That does not automatically mean nothing is happening.

Keep paying attention.

Keep adjusting.

And remember that if you have concerns about your health, recovery, or body changes after pregnancy, it is important to speak with a qualified healthcare professional.

When You Feel Like Giving Up

There may come a day when you look in the mirror and think:

“What is the point?”

Maybe you expected faster changes.

Maybe somebody made a comment about your body.

Maybe you saw an old photograph and felt emotional.

Stop for a moment.

Then go back to the first R.

Recognize.

What happened?

What are you feeling?

What triggered this moment?

Then move forward.

Reset.

Do not allow one emotional moment to become seven days of giving up.

Then:

Rebuild.

Return to the smallest action you can realistically take.

Finally:

Retain.

Keep going.

Even if your version of “going” is slower this week.

You are still moving forward.

Your After-Baby Body Reset™ Promise to Yourself

Before you finish this guide, I want you to make yourself one promise.

Not a dramatic promise.

Not:

“From tomorrow, I will never eat anything unhealthy again!”

We both know how that story usually ends.

Make a realistic promise.

You can write something like this:

I will stop treating one bad day as the end of my journey. I will pay attention to my body, build habits that fit my real life, and return when life interrupts me. I do not need to be perfect to make progress. I only need to keep learning and keep going.

Read that again.

You do not have to become a completely different woman.

You are building a stronger routine for the woman you already are.

Your body has been through change.

Your life has changed too.

So it makes sense that your approach may need to change.

And that is exactly why **The After-Baby Body Reset™** was created.

Not to give you another impossible diet.

Not to make you afraid of food.

Not to punish you with a workout you hate.

But to give you a simple system:

Recognize what is really happening.

Reset what is no longer helping.

Rebuild habits that fit your life.

Retain them by learning how to return when life gets messy.

That is your starting point.

Not Monday.

Not next month.

Not after you buy another miracle product.

Start with the next choice.

The next meal.

The next walk.

The next moment you choose to support yourself instead of attacking yourself.

And if you get interrupted?

Come back.

That is the real secret.

You do not need to keep starting over. You just need to keep returning.

This is not the end of your journey.

It is simply the point where you stop guessing and start building a routine that can grow with you.

About the Author

Akin Toyin

Akin Toyin is passionate about helping people understand that meaningful change does not always begin with extreme diets, punishment, or complicated routines.

The After-Baby Body Reset™ was created to give women a simpler and more realistic starting point after pregnancy. The purpose is not to promise overnight results or make anyone feel ashamed of their body. Instead, this guide focuses on understanding daily habits, creating practical routines, and learning how to stay consistent even when life becomes busy.

Through a calm, simple, and step-by-step approach, Akin Toyin encourages readers to stop chasing every new “miracle” solution and start paying attention to what actually fits their own lives.

Motherhood can be demanding. Your days may not always go according to plan, and your body may not look or feel exactly the way it did before pregnancy.

That does not mean you have failed.

This guide was created as a practical companion—a place to pause, understand what is happening, and begin building healthier habits one realistic step at a time.

Because sometimes, the biggest change does not come from doing everything perfectly.

It comes from learning how to **start small, stay patient, and keep returning.**

Akin Toyin

Creator of **The After-Baby Body Reset™**