

BONUS

Your 30-Day Sex Reset Tracker

The Three Mothers Method — Daily Restoration Checklist

Tick what you complete each day. Do not stress over missed days — simply continue the next day. Consistency over perfection.

PHASE ONE — RESTORE

Days 1 to 10 | First Mother — Yoruba Wisdom

Focus: Your body

Day	Hone y & Date Syrup	Herbal Steam Bath	Abdomin al Binding	Warm Water 8+ Glasses	Restorati ve Food	Protect ed Rest	Not es
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Day	☐	☐	☐	☐	☐	☐	
1							

Day ☐ ☐ ☐ ☐ ☐ ☐ ☐
9

Day ☐ ☐ ☐ ☐ ☐ ☐ ☐
10

Phase One Reminder:

- Honey and date syrup — every morning on empty stomach
- Herbal steam bath — every two days
- Abdominal binding — every morning for 3 to 4 hours
- Warm water — at least 8 glasses every day
- Restorative food — pepper soup, ginger, palm oil, warm meals
- Protected rest — two 20-minute rest windows daily

PHASE TWO — RECONNECT

Days 11 to 20 | Second Mother — Igbo Wisdom

Focus: Yourself

day	Honey & Date Syrup	Waist Bead Practice	Body Oil Ritual	Dress for	Journal — Name Your Feelings	Protect ed Sleep	Not es
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Day ☐ ☐ ☐ ☐ ☐ ☐
11

Day ☐ ☐ ☐ ☐ ☐ ☐
12

Day ☐ ☐ ☐ ☐ ☐ ☐
13

Day ☐ ☐ ☐ ☐ ☐ ☐
14

Day ☐ ☐ ☐ ☐ ☐ ☐
15

Day ☐ ☐ ☐ ☐ ☐ ☐
16

Day ☐ ☐ ☐ ☐ ☐ ☐
17

Day ☐ ☐ ☐ ☐ ☐ ☐
18

Day ☐ ☐ ☐ ☐ ☐ ☐
19

Day ☐ ☐ ☐ ☐ ☐ ☐
20

Phase Two Reminder:

- Continue honey and date syrup every morning
- Waist beads — wear daily, one mindful moment morning and evening
- Body oil ritual — every evening, 10 minutes, slow and deliberate
- Dress for yourself — once daily, something that makes you feel like a woman
- Journal — every evening, answer one question: what am I actually feeling today?
- Protected sleep — one uninterrupted sleep period every night, non-negotiable

PHASE THREE — RETURN

Days 21 to 30 | Third Mother — Hausa/Fulani Wisdom

Focus: Your partnership

[illegible]

Day ☐ ☐ ☐ ☐ ☐ ☐
25

Day ☐ ☐ ☐ ☐ ☐ ☐
26

Day ☐ ☐ ☐ ☐ ☐ ☐
27

Day ☐ ☐ ☐ ☐ ☐ ☐
28

Day ☐ ☐ ☐ ☐ ☐ ☐
29

Day ☐ ☐ ☐ ☐ ☐ ☐
30

Phase Three Reminder:

- Continue honey and date syrup every morning
- Clove and ginger tea — every morning on empty stomach before food
- Tiger nuts or Kunu Aya — daily as snack or morning drink

- Ritual bath — every two days, slow and intentional
- Return to touch — closeness with your husband, no agenda, building gradually
- Partner conversation — ongoing, open, honest

YOUR 30-DAY PROGRESS NOTES

Use this space at the end of each phase to write one honest reflection.

End of Phase One — Day 10 *How does my body feel compared to Day 1?*

End of Phase Two — Day 20 *How do I feel about myself and my body compared to Day 10?*

End of Phase Three — Day 30 *What has changed? What have I returned to? What do I want to continue?*

The Sex Reset Method Rooted in Yoruba, Igbo and Hausa/Fulani Wisdom
Nothing new. Just what worked before — remembered, filtered, and
brought back to you.