Daily Rebuild Guide

Listen. Move. Reflect.

Your one-month starter guide to the DRG app

A calm, simple way to start. Three small steps a day, for the next 30 days.

Free to use. No ads. No tracking. Your reflections stay private.

Get the app: dailyrebuildguide.com/app

Welcome

Thanks for starting. We made this guide to help you start well and keep going for your first month, without making it complicated.

Daily Rebuild Guide is for anyone who feels stuck, lost, or bored of what they're doing with themselves. We don't ask for a big overhaul. We ask for three small things a day, done together, and then done again tomorrow.

The three steps

Listen	15 minutes of meditation or breathwork audio. It plays right in the app.
Move	A walk, a run or a weights session. Any mix, as many as you like.
Reflect	Write at least one sentence in answer to the Daily Rebuild Drill question.

A day counts when all three steps are done before midnight. That's the whole rule.

Simple on purpose

The point isn't to do a lot. It's to turn up. A short walk and one honest sentence on a tired day still counts, and it's worth far more than a perfect plan you never start.

Set up the app in five minutes

DRG works like a normal app on your phone, but there's nothing to download from an app store.

1. Open **https://app.dailyrebuildguide.com** on your phone.
2. Tap **Join**, then enter your email (and your first name if you like) and your invite code.
3. Tick the two boxes (you're 18 or over, and you agree to the privacy policy), then check your email for a link and a 6-digit code.
4. Tap the link to sign in. There are no passwords, ever.
5. Add DRG to your home screen (see below).
6. Open DRG from your home screen each day and tick off Listen, Move and Reflect.

> **Need an invite code?** If we've messaged you, it's in that message. If not, comment **REBUILD** on any of our Instagram posts, or send us **REBUILD** in a message on Instagram or Facebook (**@dailyrebuildguide**), and we'll send it straight over.

Adding it to your home screen

iPhone: in Safari, tap the Share button (the square with an arrow), then **Add to Home Screen**, then **Add**. Open DRG from the new icon and sign in once more with the 6-digit code from your email. The home-screen app keeps its own sign-in.

Android: in Chrome, tap **Install** on the card in the app, or open the three-dot menu and choose **Add to Home screen** or **Install app**.

> **Good to know.** You need to be 18 or over. Your reflections are encrypted and private, and nobody running the app can read them. You can download or delete your data any time in Settings.

Listen

Fifteen minutes of meditation or breathwork audio, played right in the app. If you've already listened somewhere else, you can just tick it off.

Tips for a good session

- Pick a time that's easy to protect: first thing, a break at work, or just before bed.
- Sit or lie somewhere comfortable. Headphones help, but they're optional.
- If your mind wanders, that's normal. Notice it, and come back to the audio.
- Some days it will feel flat. Finish it anyway. The routine does the work.

Move

Add a walk, a run or a weights session. You can log any mix and as many as you like in a day.

Keep it realistic

- A 15-minute walk counts. Start where you are, not where you think you should be.
- Try leaving your phone in your pocket for part of the walk.
- If you lift weights, short and regular beats long and rare.
- Go at your own pace. If you're unsure about a new type of exercise, check with your doctor first.

Reflect

Write at least one sentence in answer to the Daily Rebuild Drill question. One sentence is enough. You can write more whenever you want.

If you're not sure what to write

- Say what's true, plainly. It doesn't need to be clever or positive.
- Write about today, not about everything at once.
- Short and honest beats long and polished.

Starters you can use when you want to write a little more

- Today I noticed...
- One thing I did that I'm glad about is...
- Something I'd like to do differently tomorrow is...
- Right now I'm feeling..., and that's okay because...

> **Private by design.** Your reflections are encrypted. Nobody running the app can read them, so write freely.

Streaks and rest days

DRG keeps your streak and your longest streak, and shows your days on a calendar. You get **one rest day each week**, so a single missed day won't break your streak.

Treat the streak as a record of showing up, not a test. If it does reset, start again the next day. Your longest streak stays on record.

Your first 30 days

A gentle plan. Adjust it to fit your life.

Week 1: Just turn up (days 1-7)

The only goal is to finish all three steps each day, as small as you need.

- Choose a regular time for each step and keep it the same all week.
- Keep Move short. A 10 to 15 minute walk is plenty.
- Write one sentence in Reflect. Don't edit it.
- Don't worry about the streak yet. Focus on getting through each day.

Week 2: Find your rhythm (days 8-14)

By now you'll know which steps feel easy and which feel hard.

- Move the hard step to a better time of day.
- Try a different Move: a longer walk, a run or a weights session.
- Use one of the writing starters in Reflect.
- Take your weekly rest day without guilt. It's built in for a reason.

Week 3: Keep it steady (days 15-21)

This is where the novelty fades. Keep the routine and keep it light.

- Look at your calendar and notice the days you showed up.
- On a low-energy day, do the smallest version of all three steps.
- Add a little to Move if you want to, but don't feel you have to.

Week 4: Look back, then carry on (days 22-30)

A good week to notice what's different.

- Read back over your streak and your calendar.
- Ask yourself which step helps you most, and protect it.
- Decide what you want your next month to look like.
- Keep going. Day 31 looks just like day 1.

Quick answers

Where do I get an invite code?

Comment REBUILD on any of our Instagram posts, or send us REBUILD in a message on Instagram or Facebook (@dailyrebuildguide), and we'll send it over.

I missed a day. What now?

Start again the next day. You get one rest day each week, and your longest streak stays on record.

Do I have to do everything every day?

A day counts when all three steps are done before midnight. Keep each step small on hard days, but try to do all three.

Can I tick off Listen if I listened elsewhere?

Yes. You can play the audio in the app or tick it off if you listened somewhere else.

Is my data safe?

There are no ads and no tracking. Your reflections are encrypted and private, and you can download or delete your data any time in Settings.

I can't sign in on my home-screen app.

On iPhone, the home-screen app keeps its own sign-in. Open it and use the 6-digit code from your email.

> ## Ready to start?
>
> Open **https://app.dailyrebuildguide.com** on your phone, join with your invite code, and tick off today's three steps. We're glad you're here.
>
> The DRG team