

Dr. Marcus Reid's Daily Reboot Protocol

Your daily wellness checklist — print it, track it, live it

6:00 – 7:00 AM WAKE & PRIME PHASE							
Task	Mo	Tu	We	Th	Fr	Sa	Su
Wake naturally	☐	☐	☐	☐	☐	☐	☐
20 min sunlight or D3 & K2 Vitamin	☐	☐	☐	☐	☐	☐	☐
Drink 16–20 oz water with a pinch of sea salt	☐	☐	☐	☐	☐	☐	☐
Optional: Coffee with cream + Multi Collagen Peptides	☐	☐	☐	☐	☐	☐	☐

7:00 AM – 12:00 PM FAT-BURNING PHASE							
Task	Mo	Tu	We	Th	Fr	Sa	Su
Remain in a fasting state	☐	☐	☐	☐	☐	☐	☐
Incorporate light movement or walking	☐	☐	☐	☐	☐	☐	☐
Replenish electrolytes with Electrolyte Powder	☐	☐	☐	☐	☐	☐	☐

12:00 – 1:30 PM MEAL #1							
Task	Mo	Tu	We	Th	Fr	Sa	Su
8–9 oz (220–260 g) of high-quality animal protein	☐	☐	☐	☐	☐	☐	☐
Large leafy green salad or low-carb vegetables	☐	☐	☐	☐	☐	☐	☐
Healthy fats: olive oil, butter, avocado, or cheese	☐	☐	☐	☐	☐	☐	☐

1:30 – 5:00 PM ENERGY PHASE							
Task	Mo	Tu	We	Th	Fr	Sa	Su
30–60 minutes of walking in nature daily	☐	☐	☐	☐	☐	☐	☐
HIIT or weight lifting (twice a week)	☐	☐	☐	☐	☐	☐	☐

5:00 – 7:00 PM MEAL #2							
Task	Mo	Tu	We	Th	Fr	Sa	Su
8–9 oz (220–260 g) of high-quality animal protein	☐	☐	☐	☐	☐	☐	☐
Large leafy green salad or low-carb vegetables	☐	☐	☐	☐	☐	☐	☐
Healthy fats: olive oil, butter, avocado, or cheese	☐	☐	☐	☐	☐	☐	☐
Finish eating 3–4 hours before bed	☐	☐	☐	☐	☐	☐	☐

7:00 – 10:00 PM WIND-DOWN PHASE							
Task	Mo	Tu	We	Th	Fr	Sa	Su
Dim lights after sunset	☐	☐	☐	☐	☐	☐	☐
Turn off screens 90 minutes before bed	☐	☐	☐	☐	☐	☐	☐
Take 325–650 mg magnesium glycinate before bed	☐	☐	☐	☐	☐	☐	☐

10:00 PM SLEEP & REJUVENATION PHASE							
Task	Mo	Tu	We	Th	Fr	Sa	Su
Keep the room at 64–68°F (18–20°C)	☐	☐	☐	☐	☐	☐	☐
Ensure bedroom is dark and use white noise if needed	☐	☐	☐	☐	☐	☐	☐

Share your progress: #MarcusReidReboot	Daily Score: _____ / 20
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Dr. Marcus Reid's Wellness Picks

Handpicked supplements to support your Daily Reboot Protocol

These are the exact products used in the protocol above

Electrolyte Powder	Targeted mineral support for steady energy production and optimal mitochondrial function.	Shop Now →
D3 & K2 Vitamin	Supports healthy circadian rhythm signaling.	Shop Now →
Magnesium Glycinate Powder	Helps replenish and recharge the nervous system at night.	Shop Now →
Multi Collagen Peptides	Concentrated source of amino acids to support joint tissue maintenance and optimal recovery.	Shop Now →
Protoflow 24/7/365 Prostate Support	Comprehensive prostate support formula designed to promote healthy prostate function around the clock.	Shop Now →

Before undertaking any major change in diet or exercise, please consult your physician. These statements have not been evaluated by the FDA.