

Daily Reset Checklist

Food



- ☐ Drink: 70 oz of Water
 - ☐ Eat: 25g protein + 10g fiber 3x a day
 - ☐ Eat protein within 45 minutes of waking
 - ☐ When in doubt, eat Mediterranean
- Probiotic food: yogurt, sauerkraut, kimchi, miso

Movement



- ☐ Walk Daily - 30 min minimum
- ☐ Strength Train (weights) 2x a week
- ☐ Do movement you enjoy! Dancing, jump rope, biking, yoga, tennis, jogging
- ☐ Stretching

Self-Care/Stress Relief



- ☐ Connection with friends and family
- ☐ Breathing exercises- box breathing
- ☐ Hobbies
- ☐ Prepare for tomorrow

Sleep Routine



- ☐ Journal: reflect on your day
- ☐ Quiet cup of tea 1 hr before bed
- ☐ Read a book
- ☐ Take a hot bath
- ☐ No screens 30 min before bed