



AM HORMONE RESET CARD

For Women 30+ Who Want a Faster,
Calmer, Smarter Metabolism

3-STEP AM HORMONE PROTOCOL

Hydrate

8–12 oz water before coffee.

- ✓ Lowers cortisol
- ✓ Wakes up metabolism gently

Eat 8–12g Protein First

Half Greek yogurt

1 boiled egg

Small protein shake sip

Cheese stick

Leftover chicken bites

Get 2–3 Minutes of Morning Light

Go outside or open a window.

- ✓ Balances hunger hormones
- ✓ Reduces bloating
- ✓ Boosts fat burning for the day



✓ DO

- Hydrate before caffeine
- Eat a little protein first
- Get natural light
- Keep mornings calm
- Breathe slowly for 1 minute

✗ DON'T

- Drink coffee on an empty stomach
- Eat sugary breakfast first
- Start the day stressed
- Skip hydration
- Look at your phone immediately

✨ Today my body works with me, not against me.

Did I complete the AM Hormone Reset today?

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |

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