

Body Rhythm RESET GUIDE

Simple Morning
& Evening
Routine Checklist

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Welcome!

Your body was designed to function in rhythm—when you align with it, you'll experience better energy, improved sleep, and natural weight balance. Use this simple checklist to reset your body's natural clock and start seeing results!

RESET YOUR BODY RHYTHM

Morning & Evening Routine Checklist

A Simple Guide to Align Your Body with Its Natural Clock

MORNING RESET CHECKLIST

- ✓ Get 5-20 minutes of morning sunlight
- ✓ Drink a glass of water before coffee or tea
- ✓ Eat breakfast at the same time daily
- ✓ Move your body gently (walk, stretch, or light movement)
- ✓ Set an intention for the day
- ✓ Trust God's perfect timing for your health & transformation

EVENING RESET CHECKLIST

- ✓ Dim lights after sunset & avoid computer, TV 1 hour before bed
- ✓ Eat dinner at the same time daily (3 hours before bed)
- ✓ Take a short, slow walk after dinner (aids digestion & sleep)
- ✓ Spend time in prayer, gratitude, or scripture meditation
- ✓ Prepare for restful sleep—trusting that God, got you!

✨ NEXT STEPS: ENHANCE YOUR RESET WITH NOURISHING SUPPORT!

You've started resetting your body's natural rhythms—
amazing!

As you build these new habits, you might find that extra
nutritional support can help smooth the process.

♥ Struggling with **sleep**? Try a natural sleep aid for deep
rest.

♥ Low **energy** in the mornings? Swap out caffeine
crashes with a clean energy booster.

♥ Want **glowing skin & a happy gut**? Check out nutrient-
rich supplements to support metabolism & skin health.

Browse my favorite safe & clean wellness essentials here!

👉 [Rest & Rewind](#) [Healthy Gut Bundle](#) [Skin Care](#)

✨ P.S. Need help choosing the best products for you?

Contact me and I'll personally guide you!