

# WEEKLY MORNING ROUTINE

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# Hi! I'm Sloane Simon,

mom of 4, and Certified Nutritional Therapy Practitioner. I help families overhaul their Standard American Diet to a real food lifestyle diet with easy, realistic, and manageable steps. One of the very best ways to jumpstart your health journey is to implement a simple morning routine with a few easy and impactful steps to make the most of your day.

I created this template with my favorite suggestions of what to include in your morning and why they are so valuable for your overall health. These are the exact same steps that I do myself each and every morning - I practice what I preach! Be sure and check out the last page in the guide where I break down the importance behind each checklist item.





## How to use this guide:

Hang the checklist on your fridge as an easy, daily reminder and remember this quote by Will Durant that, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” Once you get into the groove with this checklist you will feel the difference!

# WEEKLY MORNING ROUTINE

Week of: \_\_\_\_\_

	S	M	T	W	T	F	S
<u>Hydrate</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Supplements</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Nourishing Breakfast</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Bible/Meditation/Prayer</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Movement</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Why these habits?



Hydrating is one of the best things you can do upon first waking up. After not drinking any water all night, your body is ready for some water! Adding a squeeze of lemon helps your body produce hydrochloric acid, which helps break down your food when you begin eating. Adding a pinch of sea salt adds some much-needed electrolytes so your body can effectively absorb the water. Adding a few drops of minerals via Trace Minerals is an added bonus! Start off with 8-10 ounces in the morning, and try to drink half your body weight in ounces by the end of the day. Add on an extra 8 ounces for every beverage you consume that isn't water.



Beginning your day with a macro-balanced, nutrient-dense meal is a great way to set your body up for success in terms of energy levels and blood sugar. Focus on protein and healthy fats with some added carbohydrates in the form of fruits or veggies. Protein and fat will help you stay satiated as well as keep your blood sugar properly regulated. You'll find you won't need that extra cup of coffee or mid-morning snack when you implement this strategy!



Prayer, bible, or meditation time will help regulate your nervous system first thing in the morning. Try taking a few deep breaths before you begin and after you are finished. Give thanks for another day and another chance to serve your body well. Physical movement is so important for overall health!



Before your day gets busy, carving out time for some form of exercise will drastically improve multiple aspects of your health – both physical and mental. Movement aids your lymphatic and detoxification systems, and it improves digestion and blood sugar after a meal. There are so many benefits! Even taking a brisk 30-minute walk will do the trick.

# Ready to take the next steps?

**Real Food + Real Families** is a five-week online course that gives parents the skills to succeed at feeding their families nourishing foods, creating peaceful mealtimes, eliminating processed foods, and feeling confident in the kitchen.

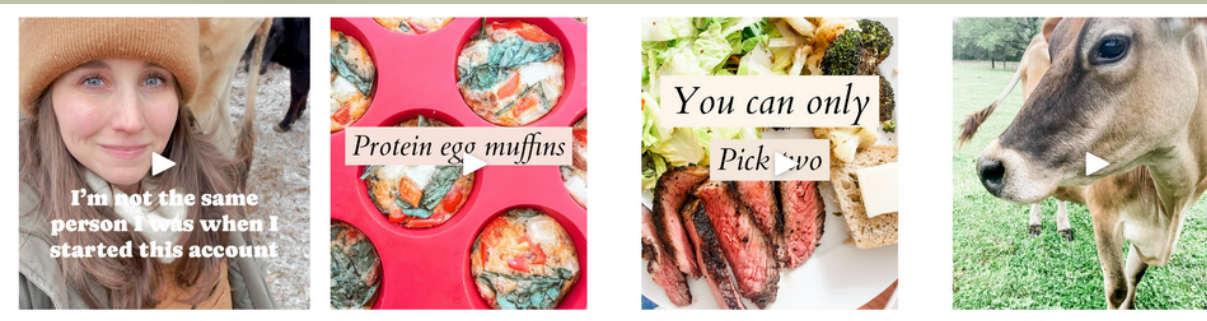


## What you'll learn:

- Module 1: Basics of Nutrition
- Module 2: Stocking your Pantry and Fridge
- Module 3: Tackling Picky Eating, Snacks, and Food Ruts
- Module 4: Eliminating Processed Foods
- Module 5: Incorporating Nutrient-Dense Foods

**Get instant access!**

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THANK YOU

