weekly
MORNING ROUTINE

	S	M	T	W	TH	F	S
hydrate	◯	◯	◯	◯	◯	◯	◯
supplements	◯	◯	◯	◯	◯	◯	◯
nourishing breakfast	◯	◯	◯	◯	◯	◯	◯
bible/meditation/prayer	◯	◯	◯	◯	◯	◯	◯
movement	◯	◯	◯	◯	◯	◯	◯

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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.

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