



7-DAY BODY RESET — DAILY RECOVERY ROUTINE

Small resets. Big energy

1. MORNING RESET — HYDRATE & ACTIVATE



- ☀️ Drink 1 full glass of warm water with lemon or electrolytes.
- 🚶 Walk, stretch, or do light cardio for 10 minutes.
- ☁️ Set one word for your energy goal today (focus, calm, strength).
- ✍️ **Tip:** Sunlight within the first hour boosts your natural cortisol rhythm.

2. MIDDAY BALANCE — NOURISH & MOVE



- 🥗 Eat a clean meal with protein + greens + good fat.
- 💧 Refill your water bottle before and after lunch.
- 💪 Stretch your shoulders or stand every 60 minutes.
- ✍️ **Tip:** Movement lowers inflammation and improves nutrient absorption.

3. EVENING RESET — REST & RECOVER



- 🌙 Take a warm shower, Epsom salt bath, or light sauna session.
- 🍵 Magnesium or herbal tea 30 minutes before bed.
- 📝 Write down one thing that made your day feel balanced.
- ✍️ **Tip:** A calm evening routine resets your body's recovery hormones.

4. THE DAILY RESET FORMULA



- **Hydrate + Nourish + Move + Rest = Renewed Energy**
- Each small action recharges your immune system, digestion, and mood.
- **Your body doesn't need perfection—it needs rhythm**

Ready for your full 7-Day Body Reset?

Track hydration, meals, energy, and recovery with the complete TouchCare 7-Day Body Reset Planner — your personal roadmap to balanced energy and inflammation control.