







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.