

TOUCHCARE ACTION KIT: HOLIDAY WELLNESS EDITION

WEIGHT RHYTHM RESET PLANNER



A Simple 7-Day Routine to Support Natural Hunger, Reduce Cravings, and Restore Comfortable Eating Rhythm — Without Dieting

WEIGHT RHYTHM RESET (1)

A simple, non-diet rhythm to help you feel lighter, clearer, & more balanced after the holidays.

Holiday eating often brings irregular meal times, heavier foods, stress-eating, and late-night cravings.

You don't need a strict diet to feel better — just a steady eating rhythm that helps your hunger, energy, and digestion settle again.

Here are the 7 simplest non-diet ways to reset your weight rhythm naturally.



1. Hydrate Early — Before Caffeine

Drink warm water or minerals within the first hour of waking.

- Why it helps: Reduces cravings, steadies hunger, improves morning energy.



2. Build a Balanced “Core Plate”

Protein + Veggies/Fruit + Fiber/Whole Grain.

- Why it helps: Keeps you full longer and reduces overeating without restriction.



3. Slow Your First 3 Bites

Pause, breathe, taste.

- Why it helps: Calms stress-eating and prevents fast, unconscious overeating.



4. Eat on a Regular, Predictable Rhythm

Aim for 3 meals at similar times each day.

- Why it helps: Stabilizes hunger and reduces emotional snacking.

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5. Use the 3-Minute Pause for Cravings

Warm sip → breathe → check hunger → choose.

- Why it helps: Breaks impulsive eating without banning any foods.



6. Keep Evenings Lighter When Possible

Finish eating 2–3 hours before bed.

- Why it helps: Evening digestion is slow, so lighter choices lead to lighter mornings.



7. Add a Short Walk After One Meal

5–10 minutes after lunch or dinner.

- Why it helps: Improves digestion, supports stable blood sugar, gently boosts metabolism.

MINI WEIGHT RHYTHM REFLECTION

1. When did my eating feel easiest today?

2. What made eating feel harder?

3. Did I hydrate early?

4. One small shift for tomorrow:
