

# TOUCHCARE ACTION KIT | HEALTH & WELLNESS EDITION

## 7-DAY BODY RESET: DAILY RECOVERY ROUTINE

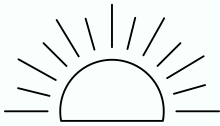


A simple daily rhythm to hydrate, move, & reset your body.

### DAILY RECOVERY ROUTINE

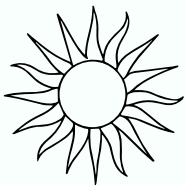
Mini Check-In: “How’s my body feeling today?” 😞 😐 😊

#### 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.