



24-HOUR RESET CHECKLIST



MORNING TO ARRIVAL

HYDRATE & PREPARE FOR LANDING

HYDRATION GOAL:

- Sip ½ bottle of water every hour from the last 2 hours of flight until 3 hours after landing.
- Add electrolytes once post-landing (MAGNA or Liquid I.V.)

EAT LIGHT:

- Choose warm, mild foods (soup, rice, oatmeal). Avoid heavy airport meals.

MOVE LIGHTLY:

- Walk 5–10 minutes at the terminal after landing to wake up circulation.



EVENING ARRIVAL ROUTINE

WIND DOWN & REALIGN SLEEP

WARM SHOWER:

- Take a quick shower to calm the nervous system and wash away cabin fatigue.

STRETCH:

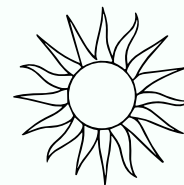
- Shoulder rolls ×10
- Neck turns (left–right–up–down) ×5
- Light back stretch or gentle yoga flow (2–3 min).

SUPPLEMENTS:

- 1 Magnesium Glycinate (200 mg) before bed.
- Optional: small dose of Melatonin (1–3 mg) to encourage natural sleep rhythm.

SLEEP TOOLS:

- Use silicone earplugs + blackout mask.
- Avoid screens for 45 min before bed.



NEXT MORNING RECOVERY

RESET YOUR BODY CLOCK

LET IN LIGHT:

- Open curtains or go outside within 30 min of waking — sunlight resets circadian rhythm.

MOVE GENTLY:

- 10-min walk or light stretching before breakfast.

EAT CLEAN:

- Hydrating breakfast (fruit + protein + greens).
- Skip caffeine for the first hour; hydrate first.

MIND RESET:

- 3 deep breaths.
- Gratitude note: "I'm home and recharging."

"Every flight has a landing — make yours a gentle one."