

One Week to Better Energy Plan

Day 1: Start Strong

- Drink a full glass of water in the morning
- 5-min walk after lunch or dinner

Day 2: Move More

- Stand & stretch every hour
- Add a movement anchor (e.g., 10 wall pushups)

Day 3: Tune In

- Track energy mid-day & evening
- Repeat Day 1 or 2 habits

Day 4: Snack Check

- Choose a protein + fiber snack
- Short walk or stretch after dinner

Day 5: Light Before Bed

- Shut down screens 30 mins before sleep
- Do something calming instead

Day 6: Mix & Repeat

- Pick any 2 favorite habits and repeat
- Keep tracking how you feel

Day 7: Reflect + Reset

- Review energy notes
- Choose one habit to continue next week