

# This Week's Body Reset

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*Movement, nutrition, sleep, and self-care — small choices, big shifts.*

## MOVEMENT

- ☐ 30-minute walk
- ☐ Evening stretch

## HYDRATION & NUTRITION

- ☐ Hydrate: 8 glasses of water
- ☐ Take supplements

## SELF-CARE

- ☐ Skincare AM
- ☐ Skincare PM
- ☐ Floss
- ☐ Brush teeth
- ☐ Wind-down routine before bed