



nuve
wellness

7-day
Reset

What you'll need

Shopping list

- Smart light bulbs
- Yoga mat
- Ankle weights
- Magnesium glycinate
- Electrolytes (salt also works)
- Bone broth
- Book of choice or kindle

*Don't let perfection be the enemy of progress! Even if you're missing certain items, you can still apply the method.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 Morning movement	<ul style="list-style-type: none"> 10 min stretching to stimulate lymphatic flow. 	<ul style="list-style-type: none"> 15 min yoga flow + 30 jumps (major mood booster!). 	<ul style="list-style-type: none"> 20 min walk. 	<ul style="list-style-type: none"> 20 min walk with ankle weights + 5 min stretching. 	<ul style="list-style-type: none"> 25 min walk with ankle weights + 5 min stretching. 	<ul style="list-style-type: none"> 15 min walk + 15 min light jog. 	<ul style="list-style-type: none"> 20 min light jog + 10 min stretching.
 Hydration/ beverages	<p>*water + electrolytes BEFORE caffeine</p> <ul style="list-style-type: none"> Min 2 L of water. 	<p>*water + electrolytes BEFORE caffeine</p> <ul style="list-style-type: none"> Min 2 L of water. 	<p>*water + electrolytes BEFORE caffeine</p> <ul style="list-style-type: none"> Min 2 L of water & max 2 caffeinated beverages (before 11 AM). 	<p>*water + electrolytes BEFORE caffeine</p> <ul style="list-style-type: none"> Incorporate 1 fruit-based smoothie (no sweeteners). 	<p>*water + electrolytes BEFORE caffeine</p> <ul style="list-style-type: none"> Incorporate 1 veggie-based smoothie (no sweeteners). 	<p>*water + electrolytes BEFORE caffeine</p> <ul style="list-style-type: none"> 1 cup of organic grass-fed bone broth. 	<p>*water + electrolytes BEFORE caffeine</p> <ul style="list-style-type: none"> 1 cup of organic grass-fed bone broth.
 Mindful eating focus	<ul style="list-style-type: none"> Pause when hungry: "Am I hungry, or am I tired/stressed /bored?" 	<ul style="list-style-type: none"> 1 rule: No sugar (unless from fruit). Analyze how you feel throughout the day. 	<ul style="list-style-type: none"> 1 rule: No sugar (unless from fruit). Analyze how you feel throughout the day. 	<ul style="list-style-type: none"> 1 rule: No gluten. Analyze how you feel throughout the day. 	<ul style="list-style-type: none"> 1 rule: No gluten. Analyze how you feel throughout the day. 	<ul style="list-style-type: none"> 1 rule: Each meal must contain protein. 	<ul style="list-style-type: none"> 2 rules: Each meal must contain protein + fibre.
 Stress & nervous system	<p>MINDFULNESS</p> <ul style="list-style-type: none"> Pause when stressed: "What am I feeling? What do I need right now?" 	<p>BREATHWORK</p> <ul style="list-style-type: none"> 5 rounds: inhale 5 sec, hold 5 sec, exhale 5 sec. 	<p>GRATITUDE</p> <ul style="list-style-type: none"> Think about or write down 5 things you are grateful for. 	<p>SOUND THERAPY</p> <ul style="list-style-type: none"> 528 Hz on YouTube, play for 5 minutes (eyes closed). 	<p>DIGITAL DETOX</p> <ul style="list-style-type: none"> Leave your phone in the other room for 30 minutes (no TV or tablet). 	<p>BREATHWORK</p> <ul style="list-style-type: none"> 1 round or more of Wim Hof breathing (follow steps on ChatGPT). 	<p>GRATITUDE</p> <ul style="list-style-type: none"> Think about or write down 10 things you're grateful for.
 Wind down & sleep	<p>*magnesium glycinate 1 hour before bed</p> <ul style="list-style-type: none"> Set a consistent bedtime window (+/- 30 min). 	<p>*magnesium glycinate 1 hour before bed</p> <ul style="list-style-type: none"> 1 cup of chamomile tea 1 hour before bed. 	<p>*magnesium glycinate 1 hour before bed</p> <ul style="list-style-type: none"> Dim all lights 1.5 hours before bed. 	<p>*magnesium glycinate 1 hour before bed</p> <ul style="list-style-type: none"> Dim all lights and turn off screens 1.5 hours before bed. 	<p>*magnesium glycinate 1 hour before bed</p> <ul style="list-style-type: none"> Switch to red light (smart bulb) 1.5 hours before bed. 	<p>*magnesium glycinate 1 hour before bed</p> <ul style="list-style-type: none"> Switch to red light (smart bulb) 1.5 hours before bed. 	<p>*magnesium glycinate 1 hour before bed</p> <ul style="list-style-type: none"> Phone out or across the room before bed; ready to fall asleep.

Day 8

DM us @nuvewellness
on instagram and let us
know how you feel! ✨