



# 10-Day Morning Reset Challenge

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Welcome to the 10-Day Morning Reset Challenge by Good Day, Good Health! This challenge is crafted to help you take control of your mornings and experience real, lasting changes in your energy, mood, metabolism, and weight management. Each day, you'll introduce a new healthy habit designed to set a strong foundation for your health journey.

## What You'll Need

- A reusable water bottle
- Comfortable clothing for light movement
- A notebook or journal
- A quiet space in the morning
- Commitment to show up for yourself each day

## The Daily Breakdown

### Day 1–2

Wake Up Earlier & Hydrate:

Set your alarm 30 minutes earlier than usual. Resist the urge to snooze. Drink at least 16–20 oz of water immediately upon waking. Hydration kickstarts metabolism, flushes toxins, and helps prevent overeating caused by thirst mistaken for hunger.

### Day 3–4

Morning Movement:

Incorporate 10 minutes of light movement—stretching, walking, or resistance band exercises. This increases circulation, reduces stiffness, and sets a positive tone for the day.

### Day 5–6

Protein-Powered Breakfast:

Fuel your body with a high-protein, fiber-rich breakfast. This will regulate blood sugar, boost energy, and keep you feeling full longer. Examples: eggs with veggies, Greek yogurt, smoothies.

### Day 7

Mindful Mornings:

Spend 5–10 minutes in mindfulness. Journaling, prayer, deep breathing, or meditation can reduce stress and improve clarity.

### Day 8

Evening Prep for Morning Success:

Prepare your clothes, breakfast, and water bottle the night before. This reduces decision fatigue and increases follow-through.

### Day 9

Morning Sunlight & Fresh Air:

Get outside within the first hour of waking. Natural light supports your circadian rhythm, helps regulate hormones, and lifts your mood.

### Day 10

Your Full Routine:

Today, do it all: wake early, hydrate, move, eat a protein breakfast, practice mindfulness, and get outside. Celebrate how far you've come!

### Reflection Questions

- How do I feel physically after these 10 days?
- Which habits were easiest to keep? Which were most challenging?
- What surprised me about this experience?
- Which parts of this routine do I want to keep long term?