



Peak Vitality Network

DOSE-FORWARD WELLNESS

FREE GUIDE · 7 DAYS

The 7-Day *Morning Reset.*

Seven mornings, one small change each. **Every single one is free** - water, light, protein, movement, minerals. Nothing here needs a purchase to work.

The biggest levers for your health cost nothing. This is the proof.

peakvitalitynetwork.com

01

Know What You Take



START HERE

How to use this reset

One change per morning, stacked on the one before. By Day 7 you have a routine you built yourself rather than one you were handed.

1

One change a day, stacked.

Anchor each new habit to something you already do. You are stacking small wins, not overhauling your life.

2

Food and light first, capsules last.

Every day leads with something free - water, minerals, sunlight, protein. Supplements only ever fill the gaps food leaves.

3

Keep the drink simple.

The Day 1 electrolyte drink is your anchor. Most days you just add one thing to it, or to your routine.

4

Notice, do not obsess.

By Day 5 to 7 most people notice steadier energy and fewer mid-morning crashes. That is the signal it is working.

Rehydrate

You wake up mildly dehydrated after 7-8 hours without water. Rehydrating with minerals before coffee is the single highest-leverage morning habit.

THE DRINK**Morning Electrolyte Drink**

~2 min · do this before coffee

WHAT YOU NEED

- 10 fl oz filtered water (room temp)
- 1 tbsp fresh lemon juice (about ½ lemon)
- 0.3 tsp Celtic sea salt
- 0.3 tsp cream of tartar (potassium)
- Optional: 1 scoop magnesium glycinate

WHY IT WORKS

Sodium and potassium are the electrolytes you lose overnight; replacing them helps your body actually hold the water instead of flushing it. Lemon adds citrate and makes it palatable.

Keep what works, drop what does not. This is a starting point, not a prescription.

Morning light

Light is the master switch for your energy rhythm. Getting it early sets your body's clock for steadier daytime energy and better sleep that night.

ADD-ON 10 minutes of daylight

within 30-60 min of waking

WHAT YOU NEED

- Step outside within an hour of waking
- 10-20 minutes (5 on a bright day)
- No sunglasses; don't stare at the sun
- Sip your Day 1 drink while you're out

WHY IT WORKS

Early daylight helps anchor your natural energy and sleep rhythm, so you feel more awake in the morning and wind down more easily at night. Free, and it compounds daily.

Keep what works, drop what does not. This is a starting point, not a prescription.

Protein first

A protein-forward breakfast blunts the blood-sugar swing that causes the mid-morning crash and mood dip. This is the day most people feel the biggest shift.

ADD-ON

30g protein breakfast

within 1-2 hours of waking

WHAT YOU NEED

- 3 eggs + Greek yogurt
- Cottage cheese + berries + seeds
- Protein smoothie (see PVN smoothies)
- Leftover dinner protein - no rule says breakfast food

WHY IT WORKS

Protein digests slowly and keeps blood sugar steady, so energy and focus stay level instead of spiking then crashing. It also curbs cravings later in the day.

Keep what works, drop what does not. This is a starting point, not a prescription.

Delay the caffeine

Pushing your first coffee 60-90 minutes after waking works with your natural cortisol rhythm - you get a cleaner lift and avoid the early-afternoon slump.

TWEAK**Coffee after 90 minutes**

hydrate first, caffeinate second

WHAT YOU NEED

- Wake → electrolyte drink
- 10 min daylight
- Protein breakfast
- Then your coffee

WHY IT WORKS

Your body's own alertness signal is already high right after waking. Letting it do its job first, then adding caffeine, tends to give steadier energy and less of a crash later.

Keep what works, drop what does not. This is a starting point, not a prescription.

Move for 10

A short, easy morning walk boosts circulation, mood, and daytime energy - and reinforces the light habit from Day 2.

ADD-ON

10-minute easy walk

conversational pace, outdoors if you can

WHAT YOU NEED

- 10 minutes is enough to start
- Easy pace - you can hold a conversation
- Outside doubles it up with morning light
- After breakfast helps steady blood sugar

WHY IT WORKS

Gentle movement gets blood flowing to the brain and muscles, supporting focus and mood. A short walk after eating also helps keep blood sugar steady.

Keep what works, drop what does not. This is a starting point, not a prescription.

Mind the minerals

Magnesium is one of the most common shortfalls in modern diets and supports sleep, muscle relaxation, and hundreds of enzyme reactions. Today, get it from food first.

FOOD FOCUS**Magnesium-rich foods**

food first; supplement only to fill the gap

WHAT YOU NEED

- Pumpkin seeds (a small handful)
- Spinach or Swiss chard
- Black beans or edamame
- A square of dark chocolate (70%+)

WHY IT WORKS

Food-based magnesium comes packaged with fiber and other minerals. If your diet is consistently short - or sleep is rough - a glycinate form in the evening is the gentle way to top up.

Keep what works, drop what does not. This is a starting point, not a prescription.

Make it yours

You've tested six habits. Today you keep the two or three that made the biggest difference and let them become automatic. That's the whole game - a few small levers, done consistently.

LOCK IT IN**Your keeper routine**

pick 2-3, drop the rest

WHAT YOU NEED

- Which habit gave the clearest lift?
- Which felt effortless to repeat?
- What can I stack onto an existing habit?
- What one supplement would fill a real gap?

WHY IT WORKS

Consistency beats intensity. Two habits you'll actually keep outperform seven you abandon by next week. Build the floor first; optimize later.

Keep what works, drop what does not. This is a starting point, not a prescription.



You just did a week of it *free*.

Nothing in the last seven days needed a purchase, and that is the point. If you want to go further, start from a goal and we will show you the foods and habits first - then name the one gap food genuinely cannot close.

Free tools & guides

Smoothies, foods and daily habits, by goal



Find your protocol

One clear pick per tier, for your goal



Skip the measuring

Hydration Powder, if mixing the Day 1 drink gets old



More guides in the PVN library

The Four Tiers Explained · Do Supplements Actually Work? · Know What You Take · The 4-Move Shopping Guide · Capsule, Powder, Tincture or Tea. All free at peakvitalitynetwork.com

These statements have not been evaluated by the Food and Drug Administration. This guide and our products are not intended to diagnose, treat, cure, or prevent any disease. Educational content only - not medical advice. Talk to your healthcare provider before starting any supplement or changing your routine, especially if you are pregnant, nursing, taking medication, or managing a health condition. If you have kidney disease, heart failure, or are on blood-pressure medication, speak to your provider before adding sodium or potassium to your morning routine. © 2026 Peak Vitality Network LLC · Wellington, FL · peakvitalitynetwork.com. All rights reserved.

◆ Part of the PVN guide library · peakvitalitynetwork.com