

# A Busy Woman's Checklist

## Nutrition

- ☐ Start your day with protein + fat (think: eggs + avocado, smoothie with nut butter)
- ☐ Hydrate before caffeine (a glass of lemon water or trace mineral drops first!)
  - ☐ Eat every 3–4 hours to support blood sugar balance
  - ☐ Add at least 1 colorful veggie to each main meal
- ☐ Include magnesium-rich foods (dark leafy greens, pumpkin seeds, black beans)
- ☐ Choose whole food snacks (like boiled eggs, hummus + veggies, fruit + nuts)

## Movement

- ☐ Move for 10–20 minutes daily, even if it's a walk or dance in the kitchen
- ☐ Stretch or foam roll in the evening to help calm your nervous system
  - ☐ Honor your cycle:
    - Menstrual: rest, gentle walks
    - Follicular: strength training
    - Ovulatory: cardio or social workouts
    - Luteal: yoga, slower movement

## Mindset

- ☐ Check in: “How am I really feeling today?” (write it down or just notice)
- ☐ 3 deep belly breaths before meals to support digestion
- ☐ Practice a 30-second gratitude moment each morning
- ☐ Say “no” at least once this week to protect your energy
- ☐ Choose a daily affirmation:
  - “I am safe in my body.”
  - “My needs matter, too.”
  - “Rest is productive.”

