ADRENAL RESET

Daily Ritual Tracker



A gentle space to track the small, supportive habits that help your body feel safe, steady, and nourished — one day at a time.

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What to Evaluate & Why It Matters

Your habits and environment shape how your adrenals function day-to-day. This isn't about "doing everything right" — **it's about creating consistent signals of safety in your body** so it can shift out of survival mode and into healing mode.

Below are the key lifestyle pillars that most impact adrenal health. Use this as a gentle audit to check in with yourself — **where are you already doing well, and where might your body be asking for more support?**

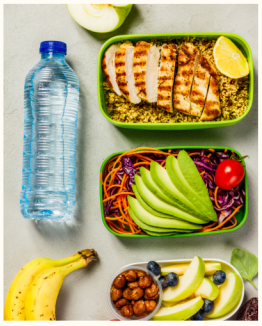
1.Sleep Quality & Timing



Are you getting **7–9 hours of sleep** in a consistent window? Your body needs that steady rhythm to repair hormone signaling and lower nighttime cortisol.

Supportive shift: Aim to get in bed by 10:00 PM, with a wind-down routine that begins around 9:00 PM.

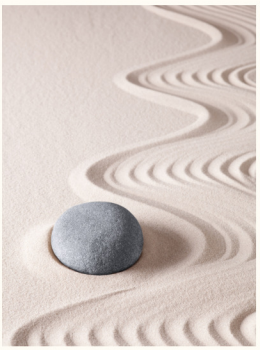
2. Blood Sugar Balance



Are you **eating every 3–4 hours?** Are your meals balanced with protein, fat, and carbs? Blood sugar crashes = cortisol spikes = anxiety. Stability = safety.

Supportive shift: Add a mini-meal mid-morning or afternoon if you tend to dip.

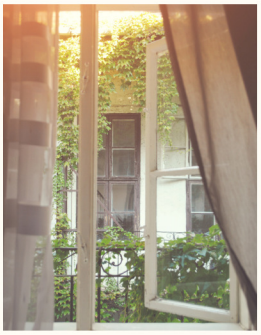
Nervous System Support



Are you giving your body **moments to downshift** throughout the day? Short pauses help you drop out of stress mode and recalibrate your system.

Supportive shift: Try a 5-minute breathwork or grounding break mid-afternoon.

Sunlight & Light Exposure



Are you getting **natural light in the morning?** Are your evenings dim and screen-free? Light is one of the strongest circadian regulators your body has.

Supportive shift: Step outside or sit by a window within 30-60 min of waking, and dim lights after sunset.

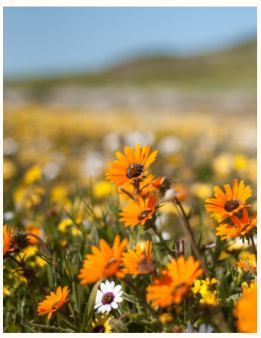
Hydration & Minerals



Are you hydrating with more than just plain water? **Are you replenishing minerals** lost through stress? Minerals like sodium, potassium, and magnesium are essential for adrenal recovery.

Supportive shift: Add sea salt or electrolyte drops to your morning water or try an adrenal mocktail.

Boundaries & Joy



Are you **saying yes to things that drain you**... and no to the things that would actually restore you? Emotional stress hits your adrenals just as hard as physical stress.

Supportive shift: Carve out 10-15 minutes a day for you — something that brings joy, not obligation.

Daily Ritual Tracker

Use this page to track your core adrenal-supporting habits over the next week.

There's no pressure to check every box—this is simply a tool to help you notice patterns and celebrate progress.

	M	T	W	T	F	S	S
NATURAL MORNING LIGHT	○	○	○	○	○	○	○
MINERAL-RICH HYDRATION	○	○	○	○	○	○	○
NERVOUS SYSTEM BREAK	○	○	○	○	○	○	○
ATE 3-4 BALANCED MEALS	○	○	○	○	○	○	○
DID SOMETHING JOYFUL	○	○	○	○	○	○	○
SLEPT BY 10:00 PM	○	○	○	○	○	○	○