

Morning Gut Reset Checklist

5 Gentle Habits to Start Your Day Feeling Balanced

Start feeling less bloated, more energized, and more in tune with your body — one simple habit at a time.

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Hydrate Before Coffee

Drink a full glass of warm water with lemon to wake up your digestive system.

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Eat Fiber-Rich Foods

Add chia seeds, oats, berries, or leafy greens to your breakfast.

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Move Your Body (5-10 mins.)

A light walk or gentle stretching boosts digestion and energy.

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Breathe or Journal for 2 Minutes.

Calm your Gut-Brain Axis with a quick moment of stillness.

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(Optional) Probiotic Support

If you're exploring Probiotics, take yours consistently with water.



Start with one, and give yourself grace along the way.