A 14-DAY ENERGY RESET

Tired By 2PM

The 14-Day Energy Reset for Women 25+

Ten minutes a day. Small, honest habits that commonly help you stay steady through the afternoon.

ENERGY AUDIT · 14 DAILY PAGES · PLATE BUILDER · SLUMP RESCUE CARD



By Coach Luke | NASM-CPT, NESTA Nutrition Coach

START HERE

How your 14 days work

Hi, I'm Coach Luke. After 20+ years of coaching, one complaint comes up more than almost any other: **"I'm fine in the morning, then I hit a wall at 2PM."** Usually there is no single cause. It is a handful of small things stacking up: a short night, a light breakfast, a heavy lunch, too much sitting and the third coffee. This reset tackles them one small habit at a time.

1. **Read the "Why you crash" pages** (pages 4 to 8). They take 10 minutes and explain the seven most common energy drains in plain language.
2. **Take the Energy Audit** (pages 9 and 10). It points to your top 2 drains, so you know which days to lean into.
3. **Fill in your Day 0 baseline** (page 11) before you start.
4. **Add one habit a day for 14 days.** Each daily page takes about 10 minutes: read, do, tick, rate. Keep yesterday's habits going as you add the new one.
5. **Rate your energy three times a day** (10AM, 2PM, 6PM) and log your sleep. Watch the 2PM number.
6. **Check in on Day 7 and Day 14** to compare your scores with Day 0, then choose your keeper habits.

What's inside

3	Before you start	28	Day 14 check-in
4-8	Why you crash at 2PM	29	Anti-crash plate builder
9-10	Energy Audit	30	15 steady-energy ideas
11	Day 0 baseline	31	2PM Slump Rescue card
12	14 days at a glance	32	Keep it going
13-19	Days 1 to 7	33	When to talk to your doctor
20	Day 7 check-in	34	Thank you + printing tips
21-27	Days 8 to 14	35	Your free store bonuses

Missed a day? Pick up where you left off. This is not a test, and nothing resets. Print the daily pages once, or use the PDF on a tablet with a note app.

READ THIS FIRST

Before you start

What this reset can do

- Help you spot the habits most likely draining your afternoon energy
- Give you one small, doable change a day
- Show you, in your own numbers, what makes a difference
- Leave you with 3 or 4 keeper habits

What it can't do

- Diagnose why you are tired. The audit is a self-check, not a test
- Replace a visit to your doctor
- Give you nonstop energy. Everyone dips a little after lunch, and that is normal
- Fix tiredness caused by a health condition (see page 33)

How to rate your energy

Three times a day, at about 10AM, 2PM and 6PM, circle a number from 1 to 10. Go with your first instinct. There is no right answer, only your answer.

1 to 3	Running on empty. Hard to focus, could nap at your desk.
4 to 6	Getting by. Flat or foggy, leaning on coffee or snacks.
7 to 8	Steady. Clear-headed and able to do what you need to.
9 to 10	Bright. Alert, motivated, with energy left over.

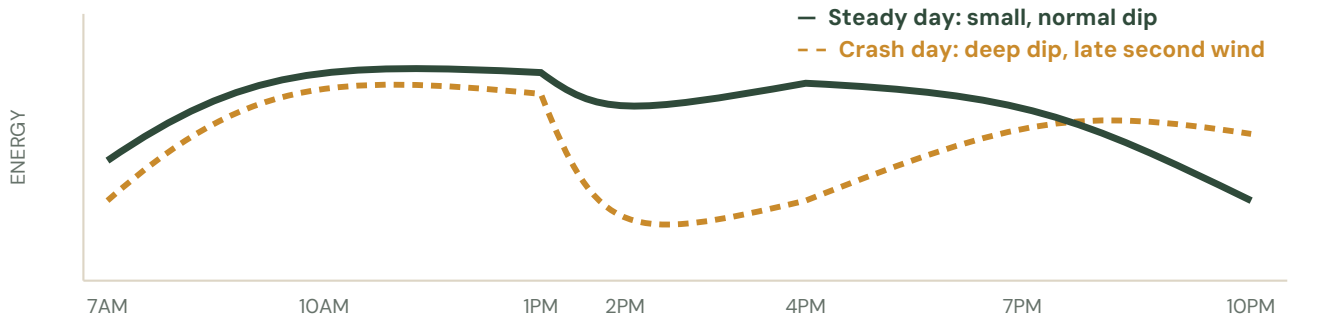
Three ground rules

- **Small beats perfect.** Doing the habit "a bit" still counts. Tick it.
- **Keep the habits stacking.** Day 6 includes Days 1 to 5. If that feels like a lot, keep the ones that help most.
- **Change one thing at a time** outside this plan too, so you can tell what is working.

WHY YOU CRASH AT 2PM

The afternoon dip, explained

First, the good news: a small dip in the early afternoon is normal. Your body clock naturally lowers alertness for a while after midday, whether you eat lunch or not. That is why so many cultures have a siesta. What turns a small dip into a **crash** is everything you stack on top of it.



The seven drains that turn a dip into a crash

- **1. Sleep debt + a moving wake time**
- **2. Blood-sugar dips after lunch**
- **3. Too little protein in the morning**
- **4. Mild dehydration**
- **5. Caffeine timing**
- **6. Sitting all day**
- **7. Stress + mental load**

Most women have two or three of these going at once. The next pages explain each one, then the Energy Audit helps you find yours.

The seven drains (1 of 4)

DRAIN 1

Sleep debt + a moving wake time

Most adults need 7 to 9 hours. Short nights add up into sleep debt, and a lie-in on the weekend does not fully pay it back. A wake time that jumps around from day to day also confuses your body clock, so you feel jet-lagged without leaving home.

How it can feel: Heavy eyes mid-morning, a deep afternoon dip, needing coffee just to feel normal, a "second wind" late at night.

Your fix: Days 1, 11 and 12: one anchor wake time, a wind-down routine and a bedtime that protects 7 to 9 hours.

IS THIS ME? ◯ Not me ◯ A little ◯ Very me

QUICK WIN TODAY: Set tomorrow's alarm for the same time as today's.

DRAIN 2

Blood-sugar dips after lunch

A lunch that is mostly fast carbs (white bread, chips, pastries, sweet drinks) and light on protein and fiber is digested quickly. Blood sugar rises fast, then drops, and the drop often feels like a wave of tiredness 1 to 2 hours later, right on top of the natural afternoon dip.

How it can feel: Sleepy, foggy and snacky about 90 minutes after eating, craving something sweet around 3 o'clock.

Your fix: Days 5 and 9: build an anti-crash lunch (protein + fiber + some carbs) and plan your 2PM snack.

IS THIS ME? ◯ Not me ◯ A little ◯ Very me

QUICK WIN TODAY: Add a palm of protein and some veg to today's lunch.

The seven drains (2 of 4)

DRAIN 3

Too little protein in the morning

Many women eat most of their protein at dinner. A coffee-and-toast breakfast keeps you full for an hour or two, then hunger and low energy show up before lunch, which often leads to a bigger, carb-heavy lunch and a bigger dip after it.

How it can feel: Hungry by 10:30, shaky or irritable before lunch, grazing all afternoon.

Your fix: Day 4: a protein-first breakfast with about 25 to 30 g of protein.

IS THIS ME? ◯ Not me ◯ A little ◯ Very me

QUICK WIN TODAY: Plan tomorrow's breakfast around eggs, yogurt or cottage cheese.

DRAIN 4

Mild dehydration

Even being a little low on fluids can leave you tired, headachy and less focused. Coffee in the morning, then nothing to drink until lunch, is a common pattern. Thirst is easy to miss when you are busy.

How it can feel: Afternoon headache, dry mouth, dark yellow urine, feeling flat for no clear reason.

Your fix: Days 3 and 10: water before coffee, then water with every meal and a refill at 2PM.

IS THIS ME? ◯ Not me ◯ A little ◯ Very me

QUICK WIN TODAY: Drink a full glass of water right now.

The seven drains (3 of 4)

DRAIN 5

Caffeine timing

Caffeine has a half-life of about 5 to 6 hours, so half of a 3PM coffee can still be in your system at 9PM. It may not stop you falling asleep, but it can make sleep lighter, which makes tomorrow's slump worse. The rescue coffee keeps the cycle going.

How it can feel: Needing a 3PM coffee to get through, "wired but tired" in the evening, waking up unrefreshed.

Your fix: Day 8: set a caffeine cutoff by early afternoon (about 8 hours before bed).

IS THIS ME? ◯ Not me ◯ A little ◯ Very me

QUICK WIN TODAY: Write down the time of your last caffeine today.

DRAIN 6

Sitting all day

Long stretches of sitting slow your circulation and leave you stiff and sluggish. It sounds backwards, but moving usually gives you energy rather than using it up. A brisk 10-minute walk is one of the quickest legitimate energy boosts there is.

How it can feel: Stiff hips and back, heavy legs, getting sleepier the longer you sit, a foggy head in long meetings.

Your fix: Days 6 and 7: a 10-minute walk after lunch and a 2-minute movement snack every hour.

IS THIS ME? ◯ Not me ◯ A little ◯ Very me

QUICK WIN TODAY: Stand up and walk for 2 minutes after reading this page.

The seven drains (4 of 4)

DRAIN 7

Stress + mental load

Running a long to-do list in your head all day is tiring work. Ongoing stress keeps your body on alert, which can make sleep lighter and leave you drained by mid-afternoon, even on days when you did not do much physically.

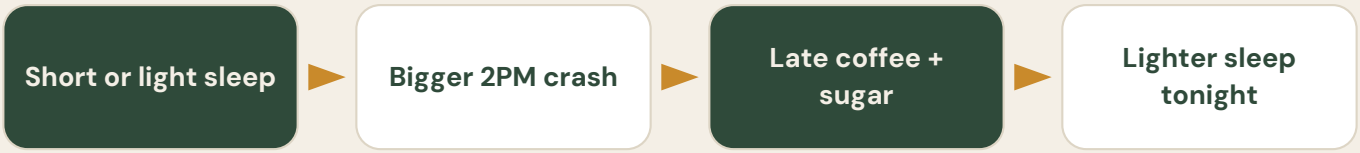
How it can feel: Tired but restless, a busy mind at bedtime, feeling "fried" rather than sleepy.

Your fix: Days 9 and 13: a 2PM plan so you are not deciding on empty, and a 5-minute end-of-day shutdown.

IS THIS ME? ◯ Not me ◯ A little ◯ Very me

QUICK WIN TODAY: Take one real 5-minute break away from your screen today.

How the drains feed each other



That is why this reset starts with mornings and works its way through the day. Each habit makes the next one a little easier, and breaking the loop in one place helps the others.

Find your top 2 energy drains

This is a self-check, not a diagnosis. Tick every statement that is true for you **most days**. Be honest. Nobody else sees this.

☐	1. I usually sleep less than 7 hours on work nights.	A
☐	2. My usual lunch is a sandwich, pasta, a wrap or takeout with little protein or veg.	B
☐	3. My breakfast is often coffee only, toast, cereal or a pastry.	C
☐	4. I drink fewer than 4 glasses of water on a normal day.	D
☐	5. I have caffeine after 2PM most days.	E
☐	6. I sit for more than 6 hours on a typical day.	F
☐	7. My to-do list runs in my head most of the day.	G
☐	8. My wake time changes by more than an hour between weekdays and weekends.	A
☐	9. I feel sleepy or foggy 1 to 2 hours after lunch.	B
☐	10. I am hungry again well before lunch.	C
☐	11. Coffee is usually the first thing I drink in the morning.	D
☐	12. I need coffee to get through the afternoon.	E
☐	13. I often go 2 hours or more without standing up.	F
☐	14. My mind is busy when I try to fall asleep.	G
☐	15. I often wake up feeling like I need more sleep.	A
☐	16. I crave something sweet in the afternoon.	B
☐	17. Most of my protein comes at dinner.	C
☐	18. I get afternoon headaches or my urine is often dark yellow.	D
☐	19. I feel wired but tired in the evening.	E
☐	20. I walk less than 20 minutes on a normal day.	F
☐	21. I skip breaks because I feel too busy to stop.	G

Score it + find your focus

Count your ticks for each letter (the letter is at the right of every statement) and write the total below. Your two highest totals are your top 2 drains. A tie? Pick the one that feels most true.

LETTER	DRAIN	MY TICKS (0-3)	FOCUS DAYS
A	Sleep debt + a moving wake time		1, 11 and 12
B	Blood-sugar dips after lunch		5 and 9
C	Too little protein in the morning		4
D	Mild dehydration		3 and 10
E	Caffeine timing		8
F	Sitting all day		6 and 7
G	Stress + mental load		9 and 13

My top 2 drains

DRAIN 1

DRAIN 2

What to do with your results

- Do all 14 days in order. The habits build on each other.
- On your **focus days**, give that habit extra attention and protect it on busy days.
- Ticked 2 or more for sleep, or ticked most of the list? Read page 33 too. Some tiredness needs a doctor, not a new habit.

BEFORE DAY 1

Day 0: your starting point

Fill this in on the day before you start, thinking about a typical day in the last week.

MY USUAL ENERGY AT 10AM

1 2 3 4 5 6 7 8 9 10

Running on empty — Bright

MY USUAL ENERGY AT 2PM

1 2 3 4 5 6 7 8 9 10

Running on empty — Bright

MY USUAL ENERGY AT 6PM

1 2 3 4 5 6 7 8 9 10

Running on empty — Bright

HOW RESTED I FEEL WHEN I WAKE UP

1 2 3 4 5 6 7 8 9 10

Running on empty — Bright

USUAL WAKE TIME (WEEKDAY)

USUAL WAKE TIME (WEEKEND)

USUAL BEDTIME

AVERAGE HOURS OF SLEEP

CUPS OF CAFFEINE A DAY

TIME OF MY LAST CAFFEINE

GLASSES OF WATER A DAY

MINUTES WALKING A DAY

MY TOP 2 DRAINS (FROM PAGE 10)

_____ _____

IN 14 DAYS, I WOULD LIKE MY AFTERNOONS TO FEEL LIKE...

YOUR PLAN

14 days at a glance

One new habit a day. Tick each habit on every day you do it, starting from the day it is added (shaded squares). Watch the ticks spread across the page.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1 Anchor wake time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 Morning light		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 Water before coffee			☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 Protein-first breakfast				☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5 Anti-crash lunch					☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6 10-minute walk after lunch						☐	☐	☐	☐	☐	☐	☐	☐	☐
7 Desk movement snacks							☐	☐	☐	☐	☐	☐	☐	☐
8 Caffeine cutoff								☐	☐	☐	☐	☐	☐	☐
9 The 2PM plan									☐	☐	☐	☐	☐	☐
10 Water rhythm										☐	☐	☐	☐	☐
11 Wind-down routine											☐	☐	☐	☐
12 Protect 7-9 hours												☐	☐	☐
13 End-of-day shutdown													☐	☐
14 Choose your keepers														☐

Days 1-4

Mornings: wake time, light, water, protein

Days 5-10

Midday + afternoon: lunch, walks, movement, caffeine, the 2PM plan, water

Days 11-14

Evenings: wind-down, bedtime, shutdown, keepers

DAY 1 OF 14 · MORNINGS

Pick one wake time and keep it

Why it helps. Your body clock runs on routine. Waking at the same time every day, weekends included, is one of the simplest ways to make mornings easier and afternoons steadier. Bedtime will follow in Week 2.

HOW TO DO IT

1. Choose a wake time you can keep 7 days a week (within about 30 minutes).
2. Set one alarm. Put the phone across the room so snooze is harder.
3. Get up when it rings, even after a short night. Go to bed a little earlier tonight instead.

Make it easier: Weekend lie-ins of 1 to 2 hours shift your clock like a mini time-zone trip. Keep it within 30 to 60 minutes.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ **1. Anchor wake time (new today)**
- ☐ 2. Morning light (Day 2)
- ☐ 3. Water before coffee (Day 3)
- ☐ 4. Protein-first breakfast (Day 4)
- ☐ 5. Anti-crash lunch (Day 5)
- ☐ 6. 10-minute walk after lunch (Day 6)
- ☐ 7. Desk movement snacks (Day 7)
- ☐ 8. Caffeine cutoff (Day 8)
- ☐ 9. The 2PM plan (Day 9)
- ☐ 10. Water rhythm (Day 10)
- ☐ 11. Wind-down routine (Day 11)
- ☐ 12. Protect 7-9 hours (Day 12)
- ☐ 13. End-of-day shutdown (Day 13)
- ☐ 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

10AM	1	2	3	4	5	6	7	8	9	10
2PM	1	2	3	4	5	6	7	8	9	10
6PM	1	2	3	4	5	6	7	8	9	10

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧💧💧💧💧💧💧💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

DAY 2 OF 14 · MORNINGS

Get outside light in your first hour

Why it helps. Bright light early in the day tells your body clock that the day has started. It helps you feel more awake in the morning and, over a few days, can make it easier to feel sleepy at bedtime.

HOW TO DO IT

1. Within an hour of waking, spend 5 to 10 minutes outside (longer on cloudy days).
2. Pair it with something you already do: coffee on the step, walking the dog, the walk to your car.
3. No sunglasses for these few minutes if your eyes are comfortable. Never look straight at the sun.

Make it easier: Can't get outside? Sit right next to a bright window with the blinds open while you eat breakfast.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Anchor wake time
- ☐ **2. Morning light (new today)**
- ☐ 3. Water before coffee (Day 3)
- ☐ 4. Protein-first breakfast (Day 4)
- ☐ 5. Anti-crash lunch (Day 5)
- ☐ 6. 10-minute walk after lunch (Day 6)
- ☐ 7. Desk movement snacks (Day 7)
- ☐ 8. Caffeine cutoff (Day 8)
- ☐ 9. The 2PM plan (Day 9)
- ☐ 10. Water rhythm (Day 10)
- ☐ 11. Wind-down routine (Day 11)
- ☐ 12. Protect 7-9 hours (Day 12)
- ☐ 13. End-of-day shutdown (Day 13)
- ☐ 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

10AM	1	2	3	4	5	6	7	8	9	10
2PM	1	2	3	4	5	6	7	8	9	10
6PM	1	2	3	4	5	6	7	8	9	10

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○ ○ ○ ○ ○

Last caffeine _____ Water (glasses) 💧 💧 💧 💧 💧 💧 💧 💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

Drink a glass of water before coffee

Why it helps. You wake up after 7 or 8 hours without a drink. Starting with water, then coffee, is an easy way to begin the day hydrated instead of running on caffeine alone until lunch.

HOW TO DO IT

1. Fill a glass or bottle tonight and leave it next to the coffee maker.
2. Drink 1 to 2 cups (250 to 500 ml) of water before your first coffee or tea.
3. Keep the bottle with you and aim to finish it by mid-morning.

Make it easier: Pale yellow urine is a good everyday sign that you are drinking enough.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [x] **3. Water before coffee (new today)**
- [ ] 4. Protein-first breakfast (Day 4)
- [ ] 5. Anti-crash lunch (Day 5)
- [ ] 6. 10-minute walk after lunch (Day 6)
- [ ] 7. Desk movement snacks (Day 7)
- [ ] 8. Caffeine cutoff (Day 8)
- [ ] 9. The 2PM plan (Day 9)
- [ ] 10. Water rhythm (Day 10)
- [ ] 11. Wind-down routine (Day 11)
- [ ] 12. Protect 7-9 hours (Day 12)
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

	1	2	3	4	5	6	7	8	9	10
10AM	○	○	○	○	○	○	○	○	○	○
2PM	○	○	○	○	○	○	○	○	○	○
6PM	○	○	○	○	○	○	○	○	○	○

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) ○ ○ ○ ○ ○ ○ ○ ○

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

Eat a protein-first breakfast

Why it helps. Protein slows digestion and helps keep you full and steady through the morning. A breakfast with about 25 to 30 g of protein often means fewer cravings before lunch and a calmer afternoon.

HOW TO DO IT

1. Build breakfast around a protein: eggs, Greek yogurt, cottage cheese, tofu, leftover chicken or a protein shake.
2. Add fiber: fruit, oats, whole-grain toast or vegetables.
3. No time? Prep 2 or 3 grab-and-go options on the weekend.

Make it easier: Quick 25 g ideas: 3 eggs + toast + a glass of milk; 1 cup Greek yogurt + berries + nuts; 1/2 cup cottage cheese + 2 eggs.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] **4. Protein-first breakfast (new today)**
- [ ] 5. Anti-crash lunch (Day 5)
- [ ] 6. 10-minute walk after lunch (Day 6)
- [ ] 7. Desk movement snacks (Day 7)
- [ ] 8. Caffeine cutoff (Day 8)
- [ ] 9. The 2PM plan (Day 9)
- [ ] 10. Water rhythm (Day 10)
- [ ] 11. Wind-down routine (Day 11)
- [ ] 12. Protect 7-9 hours (Day 12)
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

10AM	1	2	3	4	5	6	7	8	9	10
2PM	1	2	3	4	5	6	7	8	9	10
6PM	1	2	3	4	5	6	7	8	9	10

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧 💧 💧 💧 💧 💧 💧 💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

Build an anti-crash lunch

Why it helps. Lunch is where most 2PM crashes start. A plate with protein and fiber leading the way, and carbs along for the ride, digests more slowly than a carb-only lunch, so energy tends to stay steadier through the afternoon.

HOW TO DO IT

1. Use the plate builder on page 29: half vegetables, a palm of protein, a fist of slow carbs, a thumb of healthy fat.
2. Keep the sweet drink and dessert for another time, or have them with the meal, not alone at 3PM.
3. Eat sitting down and slow enough to notice when you are comfortably full.

Make it easier: Eating out? Order the bowl, salad or plate with protein, and ask for extra veg instead of fries.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] 4. Protein-first breakfast
- [ ] **5. Anti-crash lunch (new today)**
- [ ] 6. 10-minute walk after lunch (Day 6)
- [ ] 7. Desk movement snacks (Day 7)
- [ ] 8. Caffeine cutoff (Day 8)
- [ ] 9. The 2PM plan (Day 9)
- [ ] 10. Water rhythm (Day 10)
- [ ] 11. Wind-down routine (Day 11)
- [ ] 12. Protect 7-9 hours (Day 12)
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

	1	2	3	4	5	6	7	8	9	10
10AM	○	○	○	○	○	○	○	○	○	○
2PM	○	○	○	○	○	○	○	○	○	○
6PM	○	○	○	○	○	○	○	○	○	○

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧 💧 💧 💧 💧 💧 💧 💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

DAY 6 OF 14 · MIDDAY

Walk for 10 minutes after lunch

Why it helps. A short walk after eating helps your muscles use some of the sugar from your meal, gives you daylight and breaks up sitting. Many people find a brisk 10-minute walk does more for afternoon energy than a snack or a coffee.

HOW TO DO IT

1. Block 10 minutes in your calendar right after lunch.
2. Walk at a pace where you can talk but not sing. Outside if you can.
3. Working from home? Walk the block, the stairs or around the house with a podcast.

Make it easier: Walk with a coworker or call a friend while you walk. It is easier to keep a habit someone else expects.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] 4. Protein-first breakfast
- [ ] 5. Anti-crash lunch
- [ ] **6. 10-minute walk after lunch (new today)**
- [ ] 7. Desk movement snacks (Day 7)
- [ ] 8. Caffeine cutoff (Day 8)
- [ ] 9. The 2PM plan (Day 9)
- [ ] 10. Water rhythm (Day 10)
- [ ] 11. Wind-down routine (Day 11)
- [ ] 12. Protect 7-9 hours (Day 12)
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

	1	2	3	4	5	6	7	8	9	10
10AM	○	○	○	○	○	○	○	○	○	○
2PM	○	○	○	○	○	○	○	○	○	○
6PM	○	○	○	○	○	○	○	○	○	○

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧 💧 💧 💧 💧 💧 💧 💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

DAY 7 OF 14 · MIDDAY

Add a movement snack every hour

Why it helps. Sitting still for hours tends to leave you stiff and sluggish. Two minutes of movement every hour wakes up your muscles and circulation and gives your brain a short reset.

HOW TO DO IT

1. Set a gentle reminder for 50 to 60 minutes.
2. Pick 2 minutes of anything: stand and stretch, 10 sit-to-stands, walk to refill water, shoulder rolls, calf raises.
3. Take calls standing or walking when you can.

Make it easier: Today is also your Day 7 check-in on the next page. Fill it in tonight.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [x] 1. Anchor wake time
- [x] 2. Morning light
- [x] 3. Water before coffee
- [x] 4. Protein-first breakfast
- [x] 5. Anti-crash lunch
- [x] 6. 10-minute walk after lunch
- [x] **7. Desk movement snacks (new today)**
- [ ] 8. Caffeine cutoff (Day 8)
- [ ] 9. The 2PM plan (Day 9)
- [ ] 10. Water rhythm (Day 10)
- [ ] 11. Wind-down routine (Day 11)
- [ ] 12. Protect 7-9 hours (Day 12)
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

10AM	1	2	3	4	5	6	7	8	9	10
2PM	1	2	3	4	5	6	7	8	9	10
6PM	1	2	3	4	5	6	7	8	9	10

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧💧💧💧💧💧💧💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

DAY 7 CHECK-IN

One week in: how is it going?

Copy your Day 0 numbers from page 11 (for the last two rows, think back to a typical day before Day 1), then rate today. Moving your 2PM score from 3 to 5 is a real difference.

ENERGY + SLEEP (1 TO 10)	DAY 0	DAY 7
Energy at 10AM		
Energy at 2PM		
Energy at 6PM		
How rested I feel when I wake		
Average hours of sleep		
Days I kept my wake time (out of 7)		
Afternoon cravings (10 = none)		

Habit score this week

Circle: **A** = almost every day, **S** = some days, **N** = not yet.

1. Anchor wake time (A) (S) (N)
2. Morning light (A) (S) (N)
3. Water before coffee (A) (S) (N)
4. Protein-first breakfast (A) (S) (N)
5. Anti-crash lunch (A) (S) (N)
6. 10-minute walk after lunch (A) (S) (N)
7. Desk movement snacks (A) (S) (N)

THE HABIT THAT HELPED MY ENERGY MOST SO FAR

THE HABIT THAT IS HARDEST TO KEEP, AND ONE WAY TO MAKE IT EASIER

Set your caffeine cutoff

Why it helps. Caffeine stays in your system for hours. A late-afternoon coffee can make sleep lighter even if you fall asleep fine, and lighter sleep means a bigger slump tomorrow. A cutoff breaks that loop.

HOW TO DO IT

1. Set your last caffeine time about 8 hours before bed (for a 10:30PM bedtime, that is about 2:30PM).
2. Count everything: coffee, tea, energy drinks, cola, pre-workout, chocolate.
3. Swap the 3PM coffee for water, a walk, or decaf if you love the ritual.

Make it easier: Cut back slowly if you drink a lot. A sudden stop can bring headaches for a few days.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] 4. Protein-first breakfast
- [ ] 5. Anti-crash lunch
- [ ] 6. 10-minute walk after lunch
- [ ] 7. Desk movement snacks
- [ ] **8. Caffeine cutoff (new today)**
- [ ] 9. The 2PM plan (Day 9)
- [ ] 10. Water rhythm (Day 10)
- [ ] 11. Wind-down routine (Day 11)
- [ ] 12. Protect 7-9 hours (Day 12)
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

10AM	1	2	3	4	5	6	7	8	9	10
2PM	1	2	3	4	5	6	7	8	9	10
6PM	1	2	3	4	5	6	7	8	9	10

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) ○ ○ ○ ○ ○ ○ ○ ○

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

Make your 2PM plan

Why it helps. Low energy makes decisions harder, so the vending machine wins. Deciding in the morning what you will do when the dip comes means you do not have to think about it at 2PM.

HOW TO DO IT

1. Pack or plan a protein + fiber snack for mid-afternoon (ideas on page 30).
2. Pick your rescue: walk, water, light or stretch (the Slump Rescue card on page 31).
3. Put the hardest task in the morning and the easier tasks after 2PM when you can.

Make it easier: Write your plan on a sticky note: "2PM: water, apple + cheese, 5-minute walk."

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Anchor wake time
- ☐ 2. Morning light
- ☐ 3. Water before coffee
- ☐ 4. Protein-first breakfast
- ☐ 5. Anti-crash lunch
- ☐ 6. 10-minute walk after lunch
- ☐ 7. Desk movement snacks
- ☐ 8. Caffeine cutoff
- ☐ **9. The 2PM plan (new today)**
- ☐ 10. Water rhythm (Day 10)
- ☐ 11. Wind-down routine (Day 11)
- ☐ 12. Protect 7-9 hours (Day 12)
- ☐ 13. End-of-day shutdown (Day 13)
- ☐ 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

	1	2	3	4	5	6	7	8	9	10
10AM										
2PM										
6PM										

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧 💧 💧 💧 💧 💧 💧 💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

Build a water rhythm

Why it helps. Morning water is a good start. Linking water to things you already do keeps you topped up all day, especially through the afternoon, when many people stop drinking.

HOW TO DO IT

1. Drink a glass of water with every meal.
2. Refill your bottle at 2PM, right when the dip usually starts.
3. Add flavor if it helps: lemon, cucumber, mint, berries or sparkling water.

Make it easier: Thirsty, headachy, or dark urine? Drink first, then see if you still feel tired.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] 4. Protein-first breakfast
- [ ] 5. Anti-crash lunch
- [ ] 6. 10-minute walk after lunch
- [ ] 7. Desk movement snacks
- [ ] 8. Caffeine cutoff
- [ ] 9. The 2PM plan
- [ ] **10. Water rhythm (new today)**
- [ ] 11. Wind-down routine (Day 11)
- [ ] 12. Protect 7-9 hours (Day 12)
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

	1	2	3	4	5	6	7	8	9	10
10AM	○	○	○	○	○	○	○	○	○	○
2PM	○	○	○	○	○	○	○	○	○	○
6PM	○	○	○	○	○	○	○	○	○	○

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧💧💧💧💧💧💧💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

Start a 30-minute wind-down

Why it helps. Good afternoons start the night before. A short, repeatable wind-down helps your body shift from busy to rest, so you fall asleep more easily and sleep more deeply.

HOW TO DO IT

1. 30 minutes before bed: screens down, lights low.
2. Do the same 2 or 3 calm things each night: shower, stretch, a paper book, tomorrow's clothes out.
3. Keep your bedroom cool, dark and quiet. Charge your phone outside the bedroom if you can.

Make it easier: Set a "wind-down" alarm. It is your cue to start, not a bedtime.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] 4. Protein-first breakfast
- [ ] 5. Anti-crash lunch
- [ ] 6. 10-minute walk after lunch
- [ ] 7. Desk movement snacks
- [ ] 8. Caffeine cutoff
- [ ] 9. The 2PM plan
- [ ] 10. Water rhythm
- [ ] **11. Wind-down routine (new today)**
- [ ] 12. Protect 7-9 hours (Day 12)
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

	1	2	3	4	5	6	7	8	9	10
10AM	○	○	○	○	○	○	○	○	○	○
2PM	○	○	○	○	○	○	○	○	○	○
6PM	○	○	○	○	○	○	○	○	○	○

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧 💧 💧 💧 💧 💧 💧 💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

DAY 12 OF 14 · EVENINGS

Set a bedtime that protects 7 to 9 hours

Why it helps. With your wake time fixed, bedtime is the lever. Counting back from your alarm makes the trade-off clear: one more episode costs you tomorrow afternoon.

HOW TO DO IT

1. Count back 7.5 to 8 hours from your wake time. That is your lights-out time.
2. Count back 30 more minutes. That is your wind-down alarm.
3. If you can't sleep after about 20 minutes, get up, keep the lights low and go back when you feel sleepy.

Make it easier: Most adults need 7 to 9 hours. Move bedtime 15 minutes earlier every few nights if you are far off.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] 4. Protein-first breakfast
- [ ] 5. Anti-crash lunch
- [ ] 6. 10-minute walk after lunch
- [ ] 7. Desk movement snacks
- [ ] 8. Caffeine cutoff
- [ ] 9. The 2PM plan
- [ ] 10. Water rhythm
- [ ] 11. Wind-down routine
- [ ] **12. Protect 7-9 hours (new today)**
- [ ] 13. End-of-day shutdown (Day 13)
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

10AM	1	2	3	4	5	6	7	8	9	10
2PM	1	2	3	4	5	6	7	8	9	10
6PM	1	2	3	4	5	6	7	8	9	10

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) ○ ○ ○ ○ ○ ○ ○ ○

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

Do a 5-minute end-of-day shutdown

Why it helps. Carrying open tasks in your head is tiring and can keep your mind busy at bedtime. A short shutdown at the end of the workday puts them on paper so your brain can switch off.

HOW TO DO IT

1. At the end of your workday, write down everything still open.
2. Circle tomorrow's top 3. Everything else can wait.
3. Close the laptop, tidy your space and say "done for today", even out loud.

Make it easier: Same time, same place every day. A routine signal works better than willpower.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] 4. Protein-first breakfast
- [ ] 5. Anti-crash lunch
- [ ] 6. 10-minute walk after lunch
- [ ] 7. Desk movement snacks
- [ ] 8. Caffeine cutoff
- [ ] 9. The 2PM plan
- [ ] 10. Water rhythm
- [ ] 11. Wind-down routine
- [ ] 12. Protect 7-9 hours
- [ ] **13. End-of-day shutdown (new today)**
- [ ] 14. Choose your keepers (Day 14)

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

	1	2	3	4	5	6	7	8	9	10
10AM	○	○	○	○	○	○	○	○	○	○
2PM	○	○	○	○	○	○	○	○	○	○
6PM	○	○	○	○	○	○	○	○	○	○

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) 💧 💧 💧 💧 💧 💧 💧 💧

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

Choose your keeper habits

Why it helps. You have stacked 13 habits. You do not need to do all of them perfectly forever. The goal now is to keep the 3 or 4 that made the biggest difference for you and make them automatic.

HOW TO DO IT

1. Look back at your energy ratings. Which days felt best, and what did you do on them?
2. Pick 3 or 4 keeper habits and write them on the Keep It Going page.
3. Fill in your Day 14 check-in tonight and compare it with Day 0 and Day 7.

Make it easier: Most habits take weeks to feel automatic. Keep checking them off for another month.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Anchor wake time
- [ ] 2. Morning light
- [ ] 3. Water before coffee
- [ ] 4. Protein-first breakfast
- [ ] 5. Anti-crash lunch
- [ ] 6. 10-minute walk after lunch
- [ ] 7. Desk movement snacks
- [ ] 8. Caffeine cutoff
- [ ] 9. The 2PM plan
- [ ] 10. Water rhythm
- [ ] 11. Wind-down routine
- [ ] 12. Protect 7-9 hours
- [ ] 13. End-of-day shutdown
- [ ] **14. Choose your keepers (new today)**

ENERGY RATING (1 = EMPTY, 10 = BRIGHT)

10AM	1	2	3	4	5	6	7	8	9	10
2PM	1	2	3	4	5	6	7	8	9	10
6PM	1	2	3	4	5	6	7	8	9	10

SLEEP LOG (LAST NIGHT)

Bedtime _____ Wake time _____ Hours slept _____ Quality ○○○○○

Last caffeine _____ Water (glasses) ○ ○ ○ ○ ○ ○ ○ ○

ONE-LINE NOTE: _____

e.g. "Walked after lunch, 2PM felt like a 6 instead of a 3."

DAY 14 CHECK-IN

Day 14: look how far you came

Copy your numbers from Day 0 (page 11) and Day 7 (page 20). For the last two Day 0 rows, think back to a typical day before Day 1. Then rate today: moving your 2PM score from 3 to 5 is a real difference.

ENERGY + SLEEP (1 TO 10)	DAY 0	DAY 7	DAY 14
Energy at 10AM			
Energy at 2PM			
Energy at 6PM			
How rested I feel when I wake			
Average hours of sleep			
Days I kept my wake time (out of 7)			
Afternoon cravings (10 = none)			

Habit score: how often did I do each one?

Circle: **A** = almost every day, **S** = some days, **N** = not yet.

1. Anchor wake time (A) (S) (N)
2. Morning light (A) (S) (N)
3. Water before coffee (A) (S) (N)
4. Protein-first breakfast (A) (S) (N)
5. Anti-crash lunch (A) (S) (N)
6. 10-minute walk after lunch (A) (S) (N)
7. Desk movement snacks (A) (S) (N)
8. Caffeine cutoff (A) (S) (N)
9. The 2PM plan (A) (S) (N)
10. Water rhythm (A) (S) (N)
11. Wind-down routine (A) (S) (N)
12. Protect 7-9 hours (A) (S) (N)
13. End-of-day shutdown (A) (S) (N)
14. Choose your keepers (A) (S) (N)

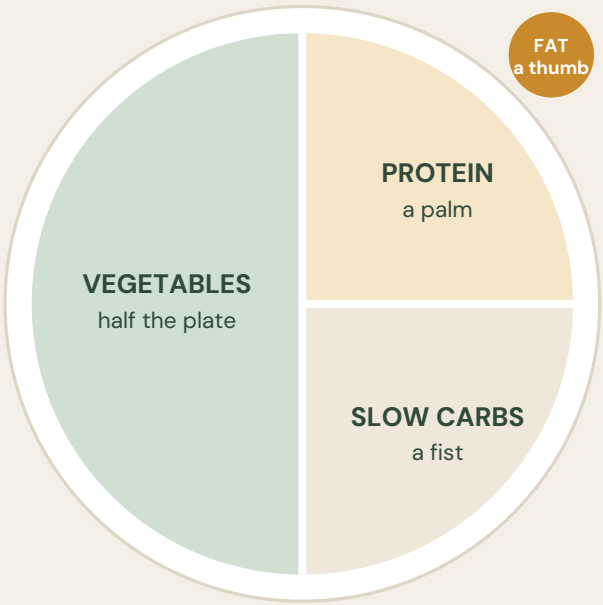
MY 2PM SCORE WENT FROM _____ (DAY 0) TO _____ (DAY 14).

MY 3 OR 4 KEEPER HABITS (COPY THEM ONTO PAGE 32)

MIDDAY TOOL

Anti-crash plate builder

Use your hand as a simple guide. This is not a diet or a calorie count, just a way to build a lunch (or any meal) that keeps your energy steadier. Adjust portions to your appetite.



Protein (a palm, about 25-35 g)

Chicken, fish, eggs, Greek yogurt, tofu, tempeh, lean beef, beans + lentils, cottage cheese

Vegetables (half the plate)

Salad greens, peppers, broccoli, carrots, zucchini, green beans, tomatoes, any you like

Slow carbs (a fist)

Brown rice, quinoa, oats, whole-grain bread or wrap, potatoes with skin, beans, fruit

Healthy fat (a thumb)

Olive oil, avocado, nuts, seeds, cheese

Swap it, don't skip it

Usual lunch	Anti-crash swap
White-bread sandwich + chips	Whole-grain wrap, extra chicken + veg sticks
Bowl of pasta	Half pasta, half veg + chicken, shrimp or lentils
Pastry + latte	Greek yogurt bowl + fruit + nuts, then the latte
Skipped lunch, snacks at 3PM	Any plate above, even a small one, by 1PM

My go-to anti-crash lunches

	PROTEIN	VEGETABLES	SLOW CARB	FAT
1				
2				
3				

Have a medical diet, diabetes or kidney disease? Follow the plan your doctor or dietitian gave you.

MIDDAY TOOL

15 steady-energy ideas

Every idea pairs **protein with fiber**, so it tends to keep you going longer than something sweet on its own. Pick a few favorites and keep the ingredients on hand. Mix and match. This is a list of ideas, not a meal plan.

Afternoon snacks

1. Apple + 2 cheese sticks
2. Greek yogurt + berries + walnuts
3. Hummus + veg sticks + a boiled egg
4. Cottage cheese + pineapple or peach
5. Roasted chickpeas + a pear
6. Turkey roll-ups + bell pepper strips
7. Edamame (1 cup, in pods)
8. Whole-grain crackers + tuna

Lunches

9. Chicken, quinoa + roasted veg bowl
10. Big salad + salmon + beans
11. Lentil soup + yogurt + side salad
12. Whole-grain chicken + hummus wrap
13. Tofu or shrimp stir-fry + brown rice
14. Egg + veggie frittata slices + fruit
15. Turkey chili with beans + side of greens

Shopping shortcut: pick 2 snacks and 2 lunches for the week. Buy for those only. On Sunday, boil eggs, wash veg and cook one batch of grains or lentils so building a plate takes 5 minutes.

Portions are a guide. If you have a food allergy, intolerance or a medical diet, choose ideas that fit your needs.

PRINT + KEEP HANDY

2PM Slump Rescue card

When the crash hits, pick one or two of these before you reach for sugar or another coffee. Each takes about 5 minutes. Cut out the card along the dashed line and keep it on your desk, in your planner or by the kettle.

WHEN THE 2PM CRASH HITS

Pick one. Five minutes.

Walk
5 minutes, brisk, outside if you can. Stairs count.

Water
Drink a full glass, slowly. Then decide if you are still tired.

Light
Step outside or sit by a bright window for 5 minutes.

Stretch
Stand, reach up, roll your shoulders, 10 sit-to-stands.

Protein snack
Pick one from your snack list, not just sugar.

Still wiped out? Rate yourself again in 20 minutes. Some days just need an early night.

Mini wallet cards

2PM RESCUE
- [ ] Walk
- [ ] Water
- [ ] Light
- [ ] Stretch
- [ ] Protein snack

2PM RESCUE
- [ ] Walk
- [ ] Water
- [ ] Light
- [ ] Stretch
- [ ] Protein snack

2PM RESCUE
- [ ] Walk
- [ ] Water
- [ ] Light
- [ ] Stretch
- [ ] Protein snack

AFTER DAY 14

Keep it going

Fourteen days builds the start of a routine. Keeping your best habits going for the next few weeks is what makes them stick. Here is a simple way to do that without starting over.

MY KEEPER HABITS

1

2

3

4

The 3-week plan

- Weeks 3 to 5: keep ticking your keepers daily (reprint page 12 or use a calendar).
- Rate your 2PM energy once a day.
- Add back one dropped habit each week if you want more.

When life gets busy

- Keep the two smallest habits: wake time and water before coffee.
- Use the Slump Rescue card instead of skipping the walk entirely.
- Back on track tomorrow. One off day changes nothing.

Re-check in 30 days

Redo the Energy Audit (page 9) and a fresh Day 0 page about a month from now. If a new drain shows up at the top, go back to its focus days for a week. Write your re-check date here: _____

Weeks 3 to 5 keeper tracker

KEEPER HABIT	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Day numbers continue from your 14-day reset (Day 15 to Day 35).

PLEASE READ

When to talk to your doctor

Everyday habits help with everyday tiredness. But tiredness that **lasts for weeks even with good habits** is worth checking with a doctor. Common, treatable causes are often missed, especially in women.

Thyroid

An underactive thyroid can cause tiredness, feeling cold, weight changes and dry skin.

Low iron or anemia

Common with heavy periods, pregnancy or a low-iron diet. Tired, short of breath, pale.

Sleep apnea

Loud snoring, gasping at night, morning headaches, waking unrefreshed after a full night.

Mood

Low mood, losing interest in things you enjoy, or ongoing anxiety can show up as constant tiredness.

Other things worth mentioning to your doctor include perimenopause symptoms, blood sugar concerns, new medicines and recent illness.

Get medical help right away if you have:

- Chest pain, a racing or pounding heart, fainting or sudden shortness of breath
- Sudden, severe tiredness with fever, unexplained weight loss or night sweats
- Thoughts of harming yourself. Call your local emergency number or a crisis line now

Bring this to your appointment

Your Day 0, Day 7 and Day 14 pages are a great summary: energy ratings, sleep and habits in one place.

This guide is for general education and isn't medical advice. I'm a NASM-certified personal trainer and NESTA nutrition coach, not a physician. Tiredness has many possible causes, and the right answer depends on your health history and, sometimes, your bloodwork. If you are pregnant, have a health condition or take regular medicine, check with your doctor before changing how you eat, move or drink caffeine.

Talk with your doctor about tiredness that lasts more than a few weeks, and get prompt care if exhaustion comes with chest pain, shortness of breath, fainting or other worrying symptoms. This guide is not a substitute for personal care.

THANK YOU

Here's to steadier afternoons

Thank you for choosing this reset and for supporting a small business.
Your free bonuses are on page 35, and your first coaching email is on its way.



Printing tips

- Print at 100% (actual size) on Letter or A4.
- Print the guide pages once and the daily pages as often as you like.
- Cut out the Slump Rescue card and keep it at your desk.
- Reprint any page for your personal use.

Please note

This guide is general education about everyday habits. It is not medical advice and does not diagnose, treat or cure any condition. Talk to your doctor about tiredness that lasts or worries you.

Personal use only. Please do not share, resell or redistribute this file.

Coach Luke | NASM-CPT, CES, PES | NESTA Nutrition Coach

More free workouts and recipes at coachluke.com.

YOUR FREE BONUSES

Thanks for buying direct

Because you bought this reset from my own shop, two bonuses come with it.

BONUS 1 · 14 DAILY COACHING EMAILS

They start automatically after your purchase: one short email a day for 14 days, matched to the habit you add that day, with a tip for busy days and a nudge to rate your 2PM energy. Check your inbox (and your promotions or spam folder) for the first one.

BONUS 2 · FREE RESOURCE LIBRARY

Scan the code or visit
coachluke.com/free-library

Printable guides, trackers and checklists to use alongside this reset. New ones are added regularly.

Questions? Reply to any coaching email or write to **coach@coachluke.com**. I read every one.