

Your 7-Day Wellness Reset

A gentle daily checklist from Herbal Impact

Small, steady habits change how you feel. This one-week reset gives you a few easy things to do each day — nothing drastic, nothing expensive. Print it, tick each box, and be kind to yourself along the way.

Every day this week

- ☐ Drink a glass of warm water first thing in the morning
- ☐ Enjoy one herbal tea (ginger, mint, lemongrass or hibiscus)
- ☐ Eat at least two handfuls of vegetables or fruit
- ☐ Move your body for 20 minutes — a walk counts
- ☐ Sleep by a set time and aim for 7–8 hours
- ☐ Take three slow, deep breaths before a meal

Add one focus each day

- ☐ Day 1 — Hydrate. Carry water with you and finish 6–8 glasses.
- ☐ Day 2 — Greens. Add moringa or extra leafy greens to one meal.
- ☐ Day 3 — Move. Take a longer walk or stretch for 15 extra minutes.
- ☐ Day 4 — Rest. No screens 30 minutes before bed.
- ☐ Day 5 — Calm. Sit quietly for 5 minutes; just breathe.
- ☐ Day 6 — Nourish. Cook one fresh, home-made meal from scratch.
- ☐ Day 7 — Reflect. Write down three things that made you feel good.

My reason for this reset

Write one sentence about why feeling well matters to you — keep it somewhere you will see it every day.

This checklist is for general wellness and encouragement only. It is not medical advice and does not cure, treat, or prevent any disease. Please talk to a qualified health professional before making changes if you are pregnant, breastfeeding, on medication, or managing a health condition.

Keep going with Herbal Impact

Find teas, moringa and natural wellness products that make this routine easy at herbsimpact.com. Questions? WhatsApp us at +255 754 281131.